DAY.ONE

Superset or Single	Set Type	Day	1	Sets x Reps	Rest	Tempo	1	2	3	4	5	6	Notes
1	Set	Legs - Quad	Dumbbell walking lunges	3x6	50	2010	6 Reps	6 Reps	6 Reps				Take the rest between each side AND before starting the next exercise
2	Set	Legs - Glute	Single leg glute bridge	3x6	50	2010	6 Reps	6 Reps	6 Reps				Take the rest between each side AND before starting the next exercise
3	Set	Push	Dumbbell bench press	3x6	100	2010	6 Reps	6 Reps	6 Reps				
4	Set	Pull	Seal row	3x6	100	2010	6 Reps	6 Reps	6 Reps				
5	Set	Shoulders	Dumbbell shoulder press	3x11	90	2010	11 Reps	11 Reps	11 Reps				
6	Set	Arms - Tricep	Narrow DB floor press	3x10	90	3110	10 Reps	10 Reps	10 Reps				
7	Set	Arms - Bicep	Zottman curls	3x10	90	3010	10 Reps	10 Reps	10 Reps				
		Total time (s)	2595										
		Total time (min and sec)	43min15sec										

TRAINING NOTES

DAY.TWO

Superset or Single	Set Type	Day	2	Sets x Reps	Rest	Tempo	1	2	3	4	5	6	Notes
1	Set	Legs - Glute	Bulgarian split squat	3x6	50	2010	6 Reps	6 Reps	6 Reps				Take the rest between each side AND before starting the next exercise
2	Set	Legs - Ham	Swiss ball hamstring curl	3x11	90	2010	11 Reps	11 Reps	11 Reps				
1	Set	Legs - Quad	Dumbbell front squat	3x11	90	2010	11 Reps	11 Reps	11 Reps				
2	Set	Legs - Glute	Glute bridge	3x11	90	2010	11 Reps	11 Reps	11 Reps				
5	Set	Calfs	Seated calf raise	3x11	90	2010	11 Reps	11 Reps	11 Reps				
6	Set	Calfs	Standing calf raise	3x11	90	2010	11 Reps	11 Reps	11 Reps				
		Total time (s)	2199										
		Total time (min and sec)	36min39sec										

TRAINING NOTES

DAY.THREE

Superset or Single	Set Type	Day	3	Sets x Reps	Rest	Tempo	1	2	3	4	5	6	Notes
1	Set	Shoulders	Dumbbell shoulder press	3x6	100	2010	6 Reps	6 Reps	6 Reps				
2	Set	Pull	Seal row	3x6	100	2010	6 Reps	6 Reps	6 Reps				
3	Set	Push	Dumbbell incline bench press	3x10	90	3010	10 Reps	10 Reps	10 Reps				
4	Set	Pull	Dumbbell single arm row	3x10	45	3010	10 Reps	10 Reps	10 Reps				Take the rest between each side AND before starting the next exercise
5	Set	Push	Dumbbell bench press	3x11	90	2010	11 Reps	11 Reps	11 Reps				
6	Set	Arms - Tricep	Dumbbell skull crusher	3x11	90	2010	11 Reps	11 Reps	11 Reps				
7a	Superset	Arms - Bicep	Incline dumbbell curls	3x11	90	2010	11 Reps	11 Reps	11 Reps				
		Total time (s)	2595										
		Total time (min and sec)	43min15sec										

TRAINING NOTES