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	Barbell back squat	3x8	100	2010	8 Reps	8 Reps	8 Reps				
2	Set	Legs - Glute	High step up	3x12	90	2010	12 Reps	12 Reps	12 Reps				
3	Set	Push	Dumbbell bench press	3x8	100	2010	8 Reps	8 Reps	8 Reps				
4	Set	Pull	Seated machine row	3x8	100	2010	8 Reps	8 Reps	8 Reps				
5	Set	Shoulders	Dumbbell shoulder press	3x8	100	2010	8 Reps	8 Reps	8 Reps				
6	Set	Arms - Tricep	Narrow DB floor press	3x12	90	2010	12 Reps	12 Reps	12 Reps				
7	Set	Arms - Bicep	Zottman curls	3x11	90	3010	11 Reps	11 Reps	11 Reps				
		Total time (s)	2646										
		Total time (min and sec)	44min6sec										

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	3x12	45	2010	12 Reps	12 Reps	12 Reps				Take the rest between each side AND before starting the next exercise
2	Set	Legs - Ham	Hamstring curl	3x12	90	2010	12 Reps	12 Reps	12 Reps				
1	Set	Legs - Quad	Leg press	3x12	90	2010	12 Reps	12 Reps	12 Reps				
2	Set	Legs - Glute	Glute bridge	3x12	90	2010	12 Reps	12 Reps	12 Reps				
5	Set	Calfs	Seated calf raise	3x12	90	2010	12 Reps	12 Reps	12 Reps				
6	Set	Calfs	Standing calf raise	3x12	90	2010	12 Reps	12 Reps	12 Reps				
		Total time (s)	2268										
		Total time (min and sec)	37min48sec										

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	Push	Dumbbell incline bench press	3x8	100	2010	8 Reps	8 Reps	8 Reps				
2	Set	Pull	Lat pull down	3x8	100	2010	8 Reps	8 Reps	8 Reps				
3	Set	Shoulders	Dumbbell shoulder press	3x11	90	3010	11 Reps	11 Reps	11 Reps				
4	Set	Pull	Dumbbell single arm row	3x11	45	3010	11 Reps	11 Reps	11 Reps				Take the rest between each side AND before starting the next exercise
5	Set	Push	Dumbbell bench press	3x12	90	2010	12 Reps	12 Reps	12 Reps				
6	Set	Arms - Tricep	Dumbbell skull crusher	3x12	90	2010	12 Reps	12 Reps	12 Reps				
7a	Superset	Arms - Bicep	Incline dumbbell curls	3x12	90	2010	12 Reps	12 Reps	12 Reps				
		Total time (s)	2682										
		Total time (min and sec)	44min42sec										

TRAINING NOTES