## **DAY.ONE**

Superset or Single	Set Type	Day	1	Sets x Reps	Rest	Tempo	1	2	3	4	5	6	Notes
1	Set	Push	Dumbbell bench press	4x6	100	2010	6 Reps	6 Reps	6 Reps	6 Reps			
2	Set	Pull	Dumbbell single arm row	4x6	50	2010	6 Reps	6 Reps	6 Reps	6 Reps			Take the rest between each side AND before starting the next exercise
3	Set	Shoulders	Dumbbell shoulder press	4x11	90	2010	11 Reps	11 Reps	11 Reps	11 Reps			
4	Set	Pull	Seal Row	4x11	90	2010	11 Reps	11 Reps	11 Reps	11 Reps			
5	Set	Arms - Tricep	Narrow DB floor press	4x10	90	3110	10 Reps	10 Reps	10 Reps	10 Reps			
6	Set	Arms - Bicep	Incline dumbbell curls	4x10	90	3010	10 Reps	10 Reps	10 Reps	10 Reps			
		Total time (s)	3008										
		Total time (min and sec)	50min8sec										

## **DAY.TWO**

Superset or Single	Set Type	Day	2	Sets x Reps	Rest	Tempo	1	2	3	4	5	6	Notes
1	Set	Legs - Quad	Dumbbell Bulgarian split squat	4x6	50	2010	6 Reps	6 Reps	6 Reps	6 Reps			Take the rest between each side AND before starting the next exercise
2	Set	Legs - Quad	Dumbbell walking lunges	4x6	50	2010	6 Reps	6 Reps	6 Reps	6 Reps			Take the rest between each side AND before starting the next exercise
3	Set	Legs - Quad	Dumbbell front squat	4x11	90	2010	11 Reps	11 Reps	11 Reps	11 Reps			
4	Set	Legs - Ham	Swiss ball hamstring curl	4x11	90	2010	11 Reps	11 Reps	11 Reps	11 Reps			
5	Set	Calfs	Standing calf raise	4x11	90	2010	11 Reps	11 Reps	11 Reps	11 Reps			
6	Set	Calfs	Seated calf raise	4x11	90	1010	11 Reps	11 Reps	11 Reps	11 Reps			
		Total time (s)	2868										
		Total time (min and sec)	47min48sec										

## **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	4x6	100	2010	6 Reps	6 Reps	6 Reps	6 Reps			
2	Set	Pull	Seal Row	4x6	100	2010	6 Reps	6 Reps	6 Reps	6 Reps			
3	Set	Push	Cable fly	4x11	90	2010	11 Reps	11 Reps	11 Reps	11 Reps			
4	Set	Pull	Cable rear delt fly	4x10	90	3010	10 Reps	10 Reps	10 Reps	10 Reps			
5	Set	Arms - Tricep	Dumbbell skull crusher	4x11	90	2010	11 Reps	11 Reps	11 Reps	11 Reps			
6	Set	Arms - Bicep	Zottman curls	4x11	90	2010	11 Reps	11 Reps	11 Reps	11 Reps			
		Total time (s)	2940										
		Total time (min and sec)	49min0sec										

# **DAY.FOUR**

Superset or Single	Set Type	Day	4	Sets x Reps	Rest	Tempo	1	2	3	4	5	6	Notes
1	Set	Legs - Ham	Dumbbell romanian deadlift	4x6	100	2010	6 Reps	6 Reps	6 Reps	6 Reps			
2	Set	Legs - Quad	Dumbbell reverse lunges	4x11	45	2010	11 Reps	11 Reps	11 Reps	11 Reps			Take the rest between each side AND before starting the next exercise
3	Set	Shoulders	Arnold press	4x10	90	3010	10 Reps	10 Reps	10 Reps	10 Reps			
4	Set	Shoulders	Upright rows	4x10	90	3010	10 Reps	10 Reps	10 Reps	10 Reps			
5	Set	Shoulders	Front raises	4x11	90	1010	11 Reps	11 Reps	11 Reps	11 Reps			
6	Set	Shoulders	Lateral raises	4x11	90	1010	11 Reps	11 Reps	11 Reps	11 Reps			
		Total time (s)	2900										
		Total time (min and sec)	48min20sec										