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	4x8	100	2010	8 Reps	8 Reps	8 Reps	8 Reps			
2	Set	Pull	Seated machine row	4x8	100	2010	8 Reps	8 Reps	8 Reps	8 Reps			
3	Set	Shoulders	Dumbbell shoulder press	3x12	90	2010	12 Reps	12 Reps	12 Reps				
4	Set	Pull	Lat pull down	3x12	90	2010	12 Reps	12 Reps	12 Reps				
5	Set	Arms - Tricep	Dumbbell skull crusher	3x12	90	2010	12 Reps	12 Reps	12 Reps				
6	Set	Arms - Bicep	Incline dumbbell curls	3x12	90	2010	12 Reps	12 Reps	12 Reps				
		Total time (s)	2504										
		Total time (min and sec)	41min44sec										

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	4x8	50	2010	8 Reps	8 Reps	8 Reps	8 Reps			Take the rest between each side AND before starting the next exercise
2	Set	Legs - Quad	Leg press	4x8	100	2010	8 Reps	8 Reps	8 Reps	8 Reps			
3	Set	Legs - Quad	Dumbbell reverse lunges	3x12	45	2010	12 Reps	12 Reps	12 Reps				Take the rest between each side AND before starting the next exercise
4	Set	Legs - Ham	Hamstring curl	3x12	90	2010	12 Reps	12 Reps	12 Reps				
5	Set	Calfs	Standing calf raise	3x12	90	2010	12 Reps	12 Reps	12 Reps				
6	Set	Abs	Swiss ball roll outs	3x12	90	2010	12 Reps	12 Reps	12 Reps				
		Total time (s)	2504										
		Total time (min and sec)	41min44sec										

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	3x11	90	3010	11 Reps	11 Reps	11 Reps				
2	Set	Pull	Seal Row	3x12	90	2010	12 Reps	12 Reps	12 Reps				
3	Set	Push	Cable fly	3x12	90	2010	12 Reps	12 Reps	12 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	Arms - Tricep	Tricep push down – rope	3x12	90	2010	12 Reps	12 Reps	12 Reps				
6	Set	Arms - Bicep	Cable curls - tricep rope	3x12	90	2010	12 Reps	12 Reps	12 Reps				
		Total time (s)	2316										
		Total time (min and sec)	38min36sec										

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	3x12	90	2010	12 Reps	12 Reps	12 Reps				
2	Set	Legs - Quad	Dumbbell front squat	3x12	90	2010	12 Reps	12 Reps	12 Reps				
3	Set	Shoulders	Arnold press	3x12	90	2010	12 Reps	12 Reps	12 Reps				
4	Set	Shoulders	Upright rows	3x12	90	2010	12 Reps	12 Reps	12 Reps				
5	Set	Shoulders	Front raises	3x12	90	1010	12 Reps	12 Reps	12 Reps				
6	Set	Shoulders	Lateral raises	3x12	90	1010	12 Reps	12 Reps	12 Reps				
		Total time (s)	2196										
		Total time (min and sec)	36min36sec										