

## WEEK ONE - DAY 1 - LOWER BODY

Exercises	Sets	Reps	Tempo	S1 - R	S1 - WT	S2 - R	S2 - WT	S3 - R	S3-WT	S4-R	S4-WT
A1. <a href="#">Dumbbell Squats</a>	3	12, 12, 15	3:1:3	12		12		12		—	—
A2. <a href="#">Bodyweight Step-Ups</a>	3	12, 12, 15	2:1:2	12		12		15		—	—
B1. <a href="#">Dumbbell Romanian Deadlifts</a>	3	8, 10, 10	3:1:2	8		10		10		—	—
B2. <a href="#">Goblet Squats (Band)</a>	3	10, 10, 12	3:1:3	10		10		12		—	—
<a href="#">Leg Extensions</a>	3	10, 12, 12	3:3:3	10		12		12		—	—
C1. <a href="#">Seated Hamstring Curls</a>	3	10, 12, 15	3:3:3	10		12		15		—	—
C1. <a href="#">Floor Hip Thrusts (Band)</a>	3	15, 20, 25	2:1:2	15	BW	20	BW	25	BW	—	—
<a href="#">Standing Calf Raise (Smith Machine)</a>	3	12, 12, 15	3:3:3	12		12		15		—	—
<a href="#">Seated Calf Raise (Machine)</a>	2	12, 12	3:3:3	12		12		—	—	—	—

**Cardio:** Time - \_\_\_\_:\_\_\_\_

**Notes:**

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**DONE OR DUSTED (CIRCLE ONE)** YES OR NO

**What did I like about this workout?**

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**What can I improve on next workout?**

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**Write Your Motivational Quote Here**

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## WEEK ONE - DAY 2 - UPPER BODY

Exercises	Sets	Reps	Tempo	S1 - R	S1 - WT	S2 - R	S2 - WT	S3 - R	S3-WT	S4-R	S4-WT
A1. <a href="#">Dumbbell Bench Press</a>	3	12, 12, 15	3:1:2	12		12		15		—	—
A2. <a href="#">Dumbbell Rows (Both Arms)</a>	3	10, 12, 15	3:2:3	10		12		15		—	—
B1. <a href="#">Seated Overhead Dumbbell Press</a>	3	8, 10, 12	2:1:2	8		10		12		—	—
B2. <a href="#">Incline Dumbbell Fly</a>	3	10, 12, 12	3:1:2	10		12		12		—	—
<a href="#">Lat Pull-Down (Chin-Up Style)</a>	3	12, 12, 15	3:2:3	12		12		15		—	—
C1. <a href="#">Seated Lateral Shoulder Raises</a>	3	12, 15, 15	2:1:2	12		15		15		—	—
C2. <a href="#">Bodyweight Push-Ups (Bench)</a>	3	12, 12, 15	2:1:2	12		12		15		—	—
<a href="#">Dumbbell Bicep Curls (Alternate)</a>	3	10, 12, 15	3:2:3	10		12		15		—	—
<a href="#">Triceps Kickback (One Arm)</a>	3	10, 12, 15	2:1:2	10		12		15		—	—

**Cardio:** Time - \_\_\_\_:\_\_\_\_

**Notes:**

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**DONE OR DUSTED (CIRCLE ONE)** YES OR NO

**What did I like about this workout?**

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**What can I improve on next workout?**

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**Write Your Motivational Quote Here**

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## WEEK ONE - DAY 3 - LOWER BODY

Exercises	Sets	Reps	Tempo	S1 - R	S1 - WT	S2 - R	S2 - WT	S3 - R	S3-WT	S4-R	S4-WT
A1. <a href="#">Leg Press (Shoulder-Width)</a>	3	10, 12, 12	3:2:2	10		12		12		—	—
A2. <a href="#">Goblet Squats (Wide Stance)</a>	3	12, 15, 15	3:2:3	12		15		15		—	—
B1. <a href="#">Lying Leg Curls</a>	3	10, 12, 12	2:1:2	10		12		12		—	—
B2. <a href="#">Dumbbell Romanian Deadlifts</a>	3	10, 12, 12	3:2:2	10		12		12		—	—
C1. <a href="#">Dumbbell Walking Lunges</a>	3	10, 12, 15	2:1:2	10		12		15		—	—
C2. <a href="#">Lateral Step Ups</a>	3	12, 12, 15	2:1:2	12	BW	12	BW	15	BW	—	—
<a href="#">Seated Hamstring Curls (Both Legs)</a>	2	12, 15	3:2:3	12		15		—	—	—	—
<a href="#">Dumbbell Hip Thrusts (Bench/Band)</a>	3	12, 15, 15	2:1:2	12		15		15		—	—
<a href="#">Single Legged Calf Raises (Dumbbell)</a>	3	12, 15, 15	3:2:3	12		15		15		—	—

**Cardio:** Time - \_\_\_\_:\_\_\_\_

**Notes:**

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**DONE OR DUSTED (CIRCLE ONE)** YES OR NO

**What did I like about this workout?**

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**What can I improve on next workout?**

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**Write Your Motivational Quote Here**

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## WEEK ONE - DAY 4 - UPPER BODY

Exercises	Sets	Reps	Tempo	S1 - R	S1 - WT	S2 - R	S2 - WT	S3 - R	S3-WT	S4-R	S4-WT
A1. <a href="#">Arnold Dumbbell Press</a>	3	8, 10, 12	2:1:2	8		10		12		—	—
A2. <a href="#">Bench Dumbbell Fly</a>	3	10, 12, 12	3:1:2	10		12		12		—	—
B1. <a href="#">Lat-Pull Down (Wide Grip)</a>	3	12, 12, 15	3:1:3	12		12		15		—	—
B2. <a href="#">Standing Lateral Shoulder Raises</a>	3	12, 15, 15	2:1:2	12		15		15		—	—
<a href="#">Cable Crossovers</a>	2	15, 20	2:2:2	15		20		—	—	—	—
C1. <a href="#">Barbell Curls (Shoulder-Width)</a>	3	10, 12, 15	3:2:3	10		12		15		—	—
C2. <a href="#">Dumbbell Skull Crushers</a>	3	10, 12, 12	3:1:2	10		12		12		—	—
<a href="#">Hammer Curls (Alternate)</a>	2	12, 15	3:1:3	12		15		—	—	—	—
<a href="#">Overhead Triceps Extension (One Arm)</a>	2	15, 20	2:1:2	15		20		—	—	—	—

**Cardio:** Time - \_\_\_\_:\_\_\_\_

**Notes:**

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**DONE OR DUSTED (CIRCLE ONE)** YES OR NO

**What did I like about this workout?**

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**What can I improve on next workout?**

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## WEEK ONE - DAY 5 - LOWER BODY (OPTIONAL)

Exercises	Sets	Reps	Tempo	S1 - R	S1 - WT	S2 - R	S2 - WT	S3 - R	S3-WT	S4-R	S4-WT
A1. <a href="#">Barbell Hip Thrusts (Band)</a>	3	10, 10, 10	2:1:2	10		10		10		—	—
A2. <a href="#">Frog Pumps (Band + Dumbbell)</a>	3	12, 12, 12	2:1:2	12		12		12		—	—
B1. <a href="#">Barbell Box Squats (Band)</a>	4	12, 12, 15, 15	3:1:3	12		12		15		15	
B2. <a href="#">Dumbbell Walking Lunges</a>	4	10, 12, 12, 15	2:1:2	10		12		12		15	
C1. <a href="#">Goblet Squats (Band)</a>	4	12, 12, 15, 15	3:2:3	12		12		15		15	
C2. <a href="#">Feet-Elevated Hip Thrusts (Band)</a>	4	15, 15, 15, 20	2:1:2	15		15		15		20	
<a href="#">Floor Crunches</a> & <a href="#">Reverse Crunches</a>	3	15, 15, 15	2:2:2	15	BW	15	BW	15	BW	—	—
<a href="#">Bodyweight Supermans</a>	3	12, 15, 15	2:2:2	12	BW	15	BW	15	BW	—	—
<a href="#">Leg Press (Band)</a>	4	12, 15, 15, 15	3:2:3	12		15		15		15	

**Cardio:** Time - \_\_\_\_:\_\_\_\_

**Notes:**

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**DONE OR DUSTED (CIRCLE ONE)** YES OR NO

**What did I like about this workout?**

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**What can I improve on next workout?**

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## WEEK TWO - DAY 1 - LOWER BODY

Exercises	Sets	Reps	Tempo	S1 - R	S1 - WT	S2 - R	S2 - WT	S3 - R	S3-WT	S4-R	S4-WT
A1. <a href="#">Dumbbell Squats</a>	3	12, 12, 15	3:1:3	12		12		12		—	—
A2. <a href="#">Bodyweight Step-Ups</a>	3	12, 12, 15	2:1:2	12		12		15		—	—
B1. <a href="#">Dumbbell Romanian Deadlifts</a>	3	8, 10, 10	3:1:2	8		10		10		—	—
B2. <a href="#">Goblet Squats (Band)</a>	3	10, 10, 12	3:1:3	10		10		12		—	—
<a href="#">Leg Extensions</a>	3	10, 12, 12	3:3:3	10		12		12		—	—
C1. <a href="#">Seated Hamstring Curls</a>	3	10, 12, 15	3:3:3	10		12		15		—	—
C1. <a href="#">Floor Hip Thrusts (Band)</a>	3	15, 20, 25	2:1:2	15	BW	20	BW	25	BW	—	—
<a href="#">Standing Calf Raise (Smith Machine)</a>	3	12, 12, 15	3:3:3	12		12		15		—	—
<a href="#">Seated Calf Raise (Machine)</a>	2	12, 12	3:3:3	12		12		—	—	—	—

**Cardio:** Time - \_\_\_\_:\_\_\_\_

**Notes:**

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**DONE OR DUSTED (CIRCLE ONE)** YES OR NO

**What did I like about this workout?**

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**What can I improve on next workout?**

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## WEEK TWO - DAY 2 - UPPER BODY

Exercises	Sets	Reps	Tempo	S1 - R	S1 - WT	S2 - R	S2 - WT	S3 - R	S3-WT	S4-R	S4-WT
A1. <a href="#">Dumbbell Bench Press</a>	3	12, 12, 15	3:1:2	12		12		15		—	—
A2. <a href="#">Dumbbell Rows (Both Arms)</a>	3	10, 12, 15	3:2:3	10		12		15		—	—
B1. <a href="#">Seated Overhead Dumbbell Press</a>	3	8, 10, 12	2:1:2	8		10		12		—	—
B2. <a href="#">Incline Dumbbell Fly</a>	3	10, 12, 12	3:1:2	10		12		12		—	—
<a href="#">Lat Pull-Down (Chin-Up Style)</a>	3	12, 12, 15	3:2:3	12		12		15		—	—
C1. <a href="#">Seated Lateral Shoulder Raises</a>	3	12, 15, 15	2:1:2	12		15		15		—	—
C2. <a href="#">Bodyweight Push-Ups (Bench)</a>	3	12, 12, 15	2:1:2	12		12		15		—	—
<a href="#">Dumbbell Bicep Curls (Alternate)</a>	3	10, 12, 15	3:2:3	10		12		15		—	—
<a href="#">Triceps Kickback (One Arm)</a>	3	10, 12, 15	2:1:2	10		12		15		—	—

**Cardio:** Time - \_\_\_\_:\_\_\_\_

**Notes:**

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**DONE OR DUSTED (CIRCLE ONE)** YES OR NO

**What did I like about this workout?**

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**What can I improve on next workout?**

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## WEEK TWO - DAY 3 - LOWER BODY

Exercises	Sets	Reps	Tempo	S1 - R	S1 - WT	S2 - R	S2 - WT	S3 - R	S3-WT	S4-R	S4-WT
A1. <a href="#">Leg Press (Shoulder-Width)</a>	3	10, 12, 12	3:2:2	10		12		12		—	—
A2. <a href="#">Goblet Squats (Wide Stance)</a>	3	12, 15, 15	3:2:3	12		15		15		—	—
B1. <a href="#">Lying Leg Curls</a>	3	10, 12, 12	2:1:2	10		12		12		—	—
B2. <a href="#">Dumbbell Romanian Deadlifts</a>	3	10, 12, 12	3:2:2	10		12		12		—	—
C1. <a href="#">Dumbbell Walking Lunges</a>	3	10, 12, 15	2:1:2	10		12		15		—	—
C2. <a href="#">Lateral Step Ups</a>	3	12, 12, 15	2:1:2	12	BW	12	BW	15	BW	—	—
<a href="#">Seated Hamstring Curls (Both Legs)</a>	2	12, 15	3:2:3	12		15		—	—	—	—
<a href="#">Dumbbell Hip Thrusts (Bench/Band)</a>	3	12, 15, 15	2:1:2	12		15		15		—	—
<a href="#">Single Legged Calf Raises (Dumbbell)</a>	3	12, 15, 15	3:2:3	12		15		15		—	—

**Cardio:** Time - \_\_\_\_:\_\_\_\_

**Notes:**

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**DONE OR DUSTED (CIRCLE ONE)** YES OR NO

**What did I like about this workout?**

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**What can I improve on next workout?**

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## WEEK TWO - DAY 4 - UPPER BODY

Exercises	Sets	Reps	Tempo	S1 - R	S1 - WT	S2 - R	S2 - WT	S3 - R	S3-WT	S4-R	S4-WT
A1. <a href="#">Arnold Dumbbell Press</a>	3	8, 10, 12	2:1:2	8		10		12		—	—
A2. <a href="#">Bench Dumbbell Fly</a>	3	10, 12, 12	3:1:2	10		12		12		—	—
B1. <a href="#">Lat-Pull Down (Wide Grip)</a>	3	12, 12, 15	3:1:3	12		12		15		—	—
B2. <a href="#">Standing Lateral Shoulder Raises</a>	3	12, 15, 15	2:1:2	12		15		15		—	—
<a href="#">Cable Crossovers</a>	2	15, 20	2:2:2	15		20		—	—	—	—
C1. <a href="#">Barbell Curls (Shoulder-Width)</a>	3	10, 12, 15	3:2:3	10		12		15		—	—
C2. <a href="#">Dumbbell Skull Crushers</a>	3	10, 12, 12	3:1:2	10		12		12		—	—
<a href="#">Hammer Curls (Alternate)</a>	2	12, 15	3:1:3	12		15		—	—	—	—
<a href="#">Overhead Triceps Extension (One Arm)</a>	2	15, 20	2:1:2	15		20		—	—	—	—

**Cardio:** Time - \_\_\_\_:\_\_\_\_

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**DONE OR DUSTED (CIRCLE ONE)** YES OR NO

**What did I like about this workout?**

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**What can I improve on next workout?**

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## WEEK TWO - DAY 5 - LOWER BODY (OPTIONAL)

Exercises	Sets	Reps	Tempo	S1 - R	S1 - WT	S2 - R	S2 - WT	S3 - R	S3-WT	S4-R	S4-WT
A1. <a href="#">Barbell Hip Thrusts (Band)</a>	3	10, 10, 10	2:1:2	10		10		10		—	—
A2. <a href="#">Frog Pumps (Band + Dumbbell)</a>	3	12, 12, 12	2:1:2	12		12		12		—	—
B1. <a href="#">Barbell Box Squats (Band)</a>	4	12, 12, 15, 15	3:1:3	12		12		15		15	
B2. <a href="#">Dumbbell Walking Lunges</a>	4	10, 12, 12, 15	2:1:2	10		12		12		15	
C1. <a href="#">Goblet Squats (Band)</a>	4	12, 12, 15, 15	3:2:3	12		12		15		15	
C2. <a href="#">Feet-Elevated Hip Thrusts (Band)</a>	4	15, 15, 15, 20	2:1:2	15		15		15		20	
<a href="#">Floor Crunches</a> & <a href="#">Reverse Crunches</a>	3	15, 15, 15	2:2:2	15	BW	15	BW	15	BW	—	—
<a href="#">Bodyweight Supermans</a>	3	12, 15, 15	2:2:2	12	BW	15	BW	15	BW	—	—
<a href="#">Leg Press (Band)</a>	4	12, 15, 15, 15	3:2:3	12		15		15		15	

**Cardio:** Time - \_\_\_\_:\_\_\_\_

**Notes:**

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**DONE OR DUSTED (CIRCLE ONE)** YES OR NO

**What did I like about this workout?**

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**What can I improve on next workout?**

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## WEEK THREE - DAY 1 - LOWER BODY

Exercises	Sets	Reps	Tempo	S1 - R	S1 - WT	S2 - R	S2 - WT	S3 - R	S3-WT	S4-R	S4-WT
A1. <a href="#">Dumbbell Squats</a>	4	12, 12, 15, 15	3:1:3	12		12		12		15	
A2. <a href="#">Bodyweight Step-Ups</a>	4	12, 12, 15, 15	2:1:2	12		12		15		15	
B1. <a href="#">Dumbbell Romanian Deadlifts</a>	4	8, 10, 10, 12	3:1:2	8		10		10		12	
B2. <a href="#">Goblet Squats (Band)</a>	4	10, 10, 12, 12	3:1:3	10		10		12		12	
<a href="#">Leg Extensions</a>	3	10, 12, 12	3:3:3	10		12		12		—	—
C1. <a href="#">Seated Hamstring Curls</a>	4	10, 12, 15, 15	3:3:3	10		12		15		15	
C1. <a href="#">Floor Hip Thrusts (Band)</a>	4	15, 20, 25, 25	2:1:2	15	BW	20	BW	25	BW	25	BW
<a href="#">Standing Calf Raise (Smith Machine)</a>	4	12, 12, 15, 15	3:3:3	12		12		15		15	
<a href="#">Seated Calf Raise (Machine)</a>	3	12, 12, 12	3:3:3	12		12		12		—	—

**Cardio:** Time - \_\_\_\_:\_\_\_\_

**Notes:**

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**DONE OR DUSTED (CIRCLE ONE)** YES OR NO

**What did I like about this workout?**

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**What can I improve on next workout?**

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## WEEK THREE - DAY 2 - UPPER BODY

Exercises	Sets	Reps	Tempo	S1 - R	S1 - WT	S2 - R	S2 - WT	S3 - R	S3-WT	S4-R	S4-WT
A1. <a href="#">Dumbbell Bench Press</a>	4	12, 12, 15, 15	3:1:2	12		12		15		15	
A2. <a href="#">Dumbbell Rows (Both Arms)</a>	4	10, 12, 15, 15	3:2:3	10		12		15		15	
B1. <a href="#">Seated Overhead Dumbbell Press</a>	4	8, 10, 12, 12	2:1:2	8		10		12		12	
B2. <a href="#">Incline Dumbbell Fly</a>	4	10, 12, 12, 15	3:1:2	10		12		12		15	
<a href="#">Lat Pull-Down (Chin-Up Style)</a>	4	12, 12, 15, 15	3:2:3	12		12		15		15	
C1. <a href="#">Seated Lateral Shoulder Raises</a>	3	12, 15, 15	2:1:2	12		15		15		—	—
C2. <a href="#">Bodyweight Push-Ups (Bench)</a>	3	12, 12, 15	2:1:2	12		12		15		—	—
<a href="#">Dumbbell Bicep Curls (Alternate)</a>	4	10, 12, 15, 15	3:2:3	10		12		15		15	
<a href="#">Triceps Kickback (One Arm)</a>	4	10, 12, 15, 15	2:1:2	10		12		15		15	

**Cardio:** Time - \_\_\_\_:\_\_\_\_

**Notes:**

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**DONE OR DUSTED (CIRCLE ONE)** YES OR NO

**What did I like about this workout?**

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**What can I improve on next workout?**

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### WEEK THREE - DAY 3 - LOWER BODY

Exercises	Sets	Reps	Tempo	S1 - R	S1 - WT	S2 - R	S2 - WT	S3 - R	S3-WT	S4-R	S4-WT
A1. <a href="#">Leg Press (Shoulder-Width)</a>	4	10, 12, 12, 15	3:2:2	10		12		12		15	
A2. <a href="#">Goblet Squats (Wide Stance)</a>	4	12, 15, 15, 20	3:2:3	12		15		15		20	
B1. <a href="#">Lying Leg Curls</a>	4	10, 12, 12, 15	2:1:2	10		12		12		15	
B2. <a href="#">Dumbbell Romanian Deadlifts</a>	4	10, 12, 12, 15	3:2:2	10		12		12		15	
C1. <a href="#">Dumbbell Walking Lunges</a>	4	10, 12, 15, 15	2:1:2	10		12		15		15	
C2. <a href="#">Lateral Step Ups</a>	3	12, 12, 15	2:1:2	12	BW	12	BW	15	BW	—	—
<a href="#">Seated Hamstring Curls (Both Legs)</a>	3	12, 15, 15	3:2:3	12		15		15		—	—
<a href="#">Dumbbell Hip Thrusts (Bench/Band)</a>	4	12, 15, 15, 15	2:1:2	12		15		15		15	
<a href="#">Single Legged Calf Raises (Dumbbell)</a>	4	12, 15, 15, 15	3:2:3	12		15		15		15	

**Cardio:** Time – \_\_\_\_:\_\_\_\_

**Notes:**

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**DONE OR DUSTED (CIRCLE ONE)** YES OR NO

**What did I like about this workout?**

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**What can I improve on next workout?**

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## WEEK THREE - DAY 4 - UPPER BODY

Exercises	Sets	Reps	Tempo	S1 - R	S1 - WT	S2 - R	S2 - WT	S3 - R	S3-WT	S4-R	S4-WT
A1. <a href="#">Arnold Dumbbell Press</a>	4	8, 10, 12, 12	2:1:2	8		10		12		12	
A2. <a href="#">Bench Dumbbell Fly</a>	4	10, 12, 12, 15	3:1:2	10		12		12		15	
B1. <a href="#">Lat-Pull Down (Wide Grip)</a>	4	12, 12, 15, 15	3:1:3	12		12		15		15	
B2. <a href="#">Standing Lateral Shoulder Raises</a>	4	12, 15, 15, 20	2:1:2	12		15		15		20	
<a href="#">Cable Crossovers</a>	3	15, 20, 25	2:2:2	15		20		25		—	—
C1. <a href="#">Barbell Curls (Shoulder-Width)</a>	4	10, 12, 15, 15	3:2:3	10		12		15		15	
C2. <a href="#">Dumbbell Skull Crushers</a>	4	10, 12, 12, 15	3:1:2	10		12		12		15	
<a href="#">Hammer Curls (Alternate)</a>	3	12, 15, 15	3:1:3	12		15		15		—	—
<a href="#">Overhead Triceps Extension (One Arm)</a>	3	15, 20, 20	2:1:2	15		20		20		—	—

**Cardio:** Time - \_\_\_\_:\_\_\_\_

**Notes:**

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**DONE OR DUSTED (CIRCLE ONE)** YES OR NO

**What did I like about this workout?**

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**What can I improve on next workout?**

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**Write Your Motivational Quote Here**

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### WEEK THREE - DAY 5 - LOWER BODY (OPTIONAL)

Exercises	Sets	Reps	Tempo	S1 - R	S1 - WT	S2 - R	S2 - WT	S3 - R	S3-WT	S4-R	S4-WT
A1. <a href="#">Barbell Hip Thrusts (Band)</a>	4	10, 10, 12, 12	2:1:2	10		10		12		12	
A2. <a href="#">Frog Pumps (Band + Dumbbell)</a>	4	12, 12, 15, 15	2:1:2	12		12		15		15	
B1. <a href="#">Barbell Box Squats (Band)</a>	4	12, 15, 15, 20	3:1:3	12		15		15		20	
B2. <a href="#">Dumbbell Walking Lunges</a>	4	10, 12, 15, 15	2:1:2	10		12		15		15	
C1. <a href="#">Goblet Squats (Band)</a>	4	15, 15, 20, 20	3:2:3	15		15		20		20	
C2. <a href="#">Feet-Elevated Hip Thrusts (Band)</a>	4	15, 20, 20, 25	2:1:2	15		20		20		25	
<a href="#">Floor Crunches</a> & <a href="#">Reverse Crunches</a>	4	15, 20, 20, 25	2:2:2	15	BW	20	BW	20	BW	25	BW
<a href="#">Bodyweight Supermans</a>	4	12, 15, 20, 20	2:2:2	12	BW	15	BW	20	BW	20	BW
<a href="#">Leg Press (Band)</a>	4	12, 15, 15, 20	3:2:3	12		15		15		20	

**Cardio:** Time - \_\_\_\_:\_\_\_\_

**Notes:**

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**DONE OR DUSTED (CIRCLE ONE)** YES OR NO

**What did I like about this workout?**

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**What can I improve on next workout?**

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## WEEK FOUR - DAY 1 - LOWER BODY

Exercises	Sets	Reps	Tempo	S1 - R	S1 - WT	S2 - R	S2 - WT	S3 - R	S3-WT	S4-R	S4-WT
A1. <a href="#">Dumbbell Squats</a>	4	12, 12, 15, 15	3:1:3	12		12		12		15	
A2. <a href="#">Bodyweight Step-Ups</a>	4	12, 12, 15, 15	2:1:2	12		12		15		15	
B1. <a href="#">Dumbbell Romanian Deadlifts</a>	4	8, 10, 10, 12	3:1:2	8		10		10		12	
B2. <a href="#">Goblet Squats (Band)</a>	4	10, 10, 12, 12	3:1:3	10		10		12		12	
<a href="#">Leg Extensions</a>	3	10, 12, 12	3:3:3	10		12		12		—	—
C1. <a href="#">Seated Hamstring Curls</a>	4	10, 12, 15, 15	3:3:3	10		12		15		15	
C1. <a href="#">Floor Hip Thrusts (Band)</a>	4	15, 20, 25, 25	2:1:2	15	BW	20	BW	25	BW	25	BW
<a href="#">Standing Calf Raise (Smith Machine)</a>	4	12, 12, 15, 15	3:3:3	12		12		15		15	
<a href="#">Seated Calf Raise (Machine)</a>	3	12, 12, 12	3:3:3	12		12		12		—	—

**Cardio:** Time - \_\_\_\_:\_\_\_\_

**Notes:**

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**DONE OR DUSTED (CIRCLE ONE)** YES OR NO

**What did I like about this workout?**

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**What can I improve on next workout?**

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## WEEK FOUR - DAY 2 - UPPER BODY

Exercises	Sets	Reps	Tempo	S1 - R	S1 - WT	S2 - R	S2 - WT	S3 - R	S3-WT	S4-R	S4-WT
A1. <a href="#">Dumbbell Bench Press</a>	4	12, 12, 15, 15	3:1:2	12		12		15		15	
A2. <a href="#">Dumbbell Rows (Both Arms)</a>	4	10, 12, 15, 15	3:2:3	10		12		15		15	
B1. <a href="#">Seated Overhead Dumbbell Press</a>	4	8, 10, 12, 12	2:1:2	8		10		12		12	
B2. <a href="#">Incline Dumbbell Fly</a>	4	10, 12, 12, 15	3:1:2	10		12		12		15	
<a href="#">Lat Pull-Down (Chin-Up Style)</a>	4	12, 12, 15, 15	3:2:3	12		12		15		15	
C1. <a href="#">Seated Lateral Shoulder Raises</a>	3	12, 15, 15	2:1:2	12		15		15		—	—
C2. <a href="#">Bodyweight Push-Ups (Bench)</a>	3	12, 12, 15	2:1:2	12		12		15		—	—
<a href="#">Dumbbell Bicep Curls (Alternate)</a>	4	10, 12, 15, 15	3:2:3	10		12		15		15	
<a href="#">Triceps Kickback (One Arm)</a>	4	10, 12, 15, 15	2:1:2	10		12		15		15	

**Cardio:** Time - \_\_\_\_:\_\_\_\_

**Notes:**

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**DONE OR DUSTED (CIRCLE ONE)** YES OR NO

**What did I like about this workout?**

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**What can I improve on next workout?**

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## WEEK FOUR - DAY 3 - LOWER BODY

Exercises	Sets	Reps	Tempo	S1 - R	S1 - WT	S2 - R	S2 - WT	S3 - R	S3-WT	S4-R	S4-WT
A1. <a href="#">Leg Press (Shoulder-Width)</a>	4	10, 12, 12, 15	3:2:2	10		12		12		15	
A2. <a href="#">Goblet Squats (Wide Stance)</a>	4	12, 15, 15, 20	3:2:3	12		15		15		20	
B1. <a href="#">Lying Leg Curls</a>	4	10, 12, 12, 15	2:1:2	10		12		12		15	
B2. <a href="#">Dumbbell Romanian Deadlifts</a>	4	10, 12, 12, 15	3:2:2	10		12		12		15	
C1. <a href="#">Dumbbell Walking Lunges</a>	4	10, 12, 15, 15	2:1:2	10		12		15		15	
C2. <a href="#">Lateral Step Ups</a>	3	12, 12, 15	2:1:2	12	BW	12	BW	15	BW	—	—
<a href="#">Seated Hamstring Curls (Both Legs)</a>	3	12, 15, 15	3:2:3	12		15		15		—	—
<a href="#">Dumbbell Hip Thrusts (Bench/Band)</a>	4	12, 15, 15, 15	2:1:2	12		15		15		15	
<a href="#">Single Legged Calf Raises (Dumbbell)</a>	4	12, 15, 15, 15	3:2:3	12		15		15		15	

**Cardio:** Time – \_\_\_\_:\_\_\_\_

**Notes:**

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**DONE OR DUSTED (CIRCLE ONE)** YES OR NO

**What did I like about this workout?**

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**What can I improve on next workout?**

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## WEEK FOUR - DAY 4 - UPPER BODY

Exercises	Sets	Reps	Tempo	S1 - R	S1 - WT	S2 - R	S2 - WT	S3 - R	S3-WT	S4-R	S4-WT
A1. <a href="#">Arnold Dumbbell Press</a>	4	8, 10, 12, 12	2:1:2	8		10		12		12	
A2. <a href="#">Bench Dumbbell Fly</a>	4	10, 12, 12, 15	3:1:2	10		12		12		15	
B1. <a href="#">Lat-Pull Down (Wide Grip)</a>	4	12, 12, 15, 15	3:1:3	12		12		15		15	
B2. <a href="#">Standing Lateral Shoulder Raises</a>	4	12, 15, 15, 20	2:1:2	12		15		15		20	
<a href="#">Cable Crossovers</a>	3	15, 20, 25	2:2:2	15		20		25		—	—
C1. <a href="#">Barbell Curls (Shoulder-Width)</a>	4	10, 12, 15, 15	3:2:3	10		12		15		15	
C2. <a href="#">Dumbbell Skull Crushers</a>	4	10, 12, 12, 15	3:1:2	10		12		12		15	
<a href="#">Hammer Curls (Alternate)</a>	3	12, 15, 15	3:1:3	12		15		15		—	—
<a href="#">Overhead Triceps Extension (One Arm)</a>	3	15, 20, 20	2:1:2	15		20		20		—	—

**Cardio:** Time - \_\_\_\_:\_\_\_\_

**Notes:**

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**DONE OR DUSTED (CIRCLE ONE)** YES OR NO

**What did I like about this workout?**

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**What can I improve on next workout?**

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## WEEK FOUR - DAY 5 - LOWER BODY (OPTIONAL)

Exercises	Sets	Reps	Tempo	S1 - R	S1 - WT	S2 - R	S2 - WT	S3 - R	S3-WT	S4-R	S4-WT
A1. <a href="#">Barbell Hip Thrusts (Band)</a>	4	10, 10, 12, 12	2:1:2	10		10		12		12	
A2. <a href="#">Frog Pumps (Band + Dumbbell)</a>	4	12, 12, 15, 15	2:1:2	12		12		15		15	
B1. <a href="#">Barbell Box Squats (Band)</a>	4	12, 15, 15, 20	3:1:3	12		15		15		20	
B2. <a href="#">Dumbbell Walking Lunges</a>	4	10, 12, 15, 15	2:1:2	10		12		15		15	
C1. <a href="#">Goblet Squats (Band)</a>	4	15, 15, 20, 20	3:2:3	15		15		20		20	
C2. <a href="#">Feet-Elevated Hip Thrusts (Band)</a>	4	15, 20, 20, 25	2:1:2	15		20		20		25	
<a href="#">Floor Crunches</a> & <a href="#">Reverse Crunches</a>	4	15, 20, 20, 25	2:2:2	15	BW	20	BW	20	BW	25	BW
<a href="#">Bodyweight Supermans</a>	4	12, 15, 20, 20	2:2:2	12	BW	15	BW	20	BW	20	BW
<a href="#">Leg Press (Band)</a>	4	12, 15, 15, 20	3:2:3	12		15		15		20	

**Cardio:** Time - \_\_\_\_:\_\_\_\_

**Notes:**

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**DONE OR DUSTED (CIRCLE ONE)** YES OR NO

**What did I like about this workout?**

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**What can I improve on next workout?**

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