

## WEEK ONE – DAY 1 – QUADRICEPS, GLUTES & CALVES

Exercises	Sets	Reps	Tempo	S1 – R	S1 – WT	S2 – R	S2 – WT	S3 – R	S3-WT	S4-R	S4-WT
A1. <a href="#">Dumbbell</a> or <a href="#">Barbell Squats</a>	4	10, 10, 10, 10	2:1:2	10		10		10		10	
A2. <a href="#">Static Lunges</a>	3	12, 12, 15	2:1:2	12		12		15		—	—
B1. <a href="#">Leg Press</a>	4	10, 12, 12, 15	2:1:2	10		12		12		15	
B2. <a href="#">Floor Band Hip Thrusts</a>	4	15, 15, 20, 20	2:2:2	15		15		20		20	
<a href="#">Standing Calf Raises</a>	3	12, 15, 15	3:3:3	12		15		15		—	—
<a href="#">Seated Calf Raises</a>	3	12, 12, 15	2:1:2	12		12		15		—	—

**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 for my next workout?

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Write Your Motivational Quote Here

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## WEEK ONE – DAY 2 – CHEST, SHOULDERS, & TRICEPS

Exercises	Sets	Reps	Tempo	S1 – R	S1 – WT	S2 – R	S2 – WT	S3 – R	S3–WT	S4-R	S4-WT
A1. <a href="#">Chest Dumbbell Press (Bench)</a>	4	10, 10, 12, 12	2:1:2	10		10		12		12	
A2. <a href="#">Standing Barbell Shoulder Press</a>	4	10, 10, 12, 12	2:1:2	10		10		12		12	
B1. <a href="#">Chest Dumbbell Fly (Incline)</a>	3	10, 12, 12	3:2:3	10		12		12		—	—
B2. <a href="#">Lateral Dumbbell Raises</a>	3	10, 12, 12	3:2:3	10		12		12		—	—
C1. <a href="#">Bench Push-Ups</a>	3	8, 10, 12	2:2:2	8		10		12		—	—
C2. <a href="#">Triceps Overhead Extensions</a>	3	10, 12, 12	2:1:2	10		12		12		—	—
<a href="#">Bent-Over Dumbbell Fly</a>	3	12, 12, 12	2:1:2	12		12		12		—	—
<a href="#">Triceps Kickback</a>	3	10, 12, 12	2:1:2	10		12		12		—	—
<a href="#">Triceps Rope Pushdown</a>	3	12, 15, 15	2:2:2	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 for my next workout?

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Write Your Motivational Quote Here

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## WEEK ONE – DAY 3 – HAMSTRINGS, GLUTES & CALVES

Exercises	Sets	Reps	Tempo	S1 – R	S1 – WT	S2 – R	S2 – WT	S3 – R	S3–WT	S4-R	S4-WT
A1. <a href="#">Dumbbell Romanian Deadlifts</a>	4	10, 10, 12, 12	2:1:2	10		10		12		12	
A2. <a href="#">Bulgarian Split Squats</a>	4	10, 10, 12, 12	2:1:2	10		10		12		12	
B1. <a href="#">Banded Bodyweight Walking Lunges</a>	4	15, 15, 20, 20	2:1:2	15		15		20		20	
B2. <a href="#">Bodyweight Step-Ups</a>	3	12, 15, 15	2:1:2	12		15		15		—	—
<a href="#">Banded Goblet Squats</a>	3	15, 15, 20	2:1:2	15		15		20		—	—
<a href="#">Single-Legged Standing Calf Raises</a>	3	15, 15, 20	2:2:2	15		15		20		—	—
<a href="#">Single-Legged Seated Calf Raises</a>	3	12, 12, 15	2:2:2	12		12		15		—	—

**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 for my next workout?

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Write Your Motivational Quote Here

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## WEEK ONE – DAY 4 – BACK & BICEPS

Exercises	Sets	Reps	Tempo	S1 – R	S1 – WT	S2 – R	S2 – WT	S3 – R	S3–WT	S4-R	S4-WT
A1. <a href="#">Lat-Pull Down (Wide Grip)</a>	4	10, 10, 10, 10	2:1:2	10		10		10		10	
A2. <a href="#">Lat-Pull Down (Chin Up)</a>	4	8, 8, 8, 8	2:1:2	8		8		8		8	
B1. <a href="#">Dumbbell Rows</a>	3	10 12, 12	2:1:2	10		12		12		—	—
B2. <a href="#">Alternate Dumbbell Bicep Curls</a>	3	12, 12, 15	2:1:2	12		12		15		—	—
<a href="#">Seated Rows (V-Bar)</a>	3	12, 15, 20	2:2:2	12		15		20		—	—
C1. <a href="#">Barbell Curls</a>	3	12, 12, 15	2:1:2	12		12		15		—	—
C2. <a href="#">Hammer Curls</a>	3	15, 15, 15	2:1:2	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 for my next workout?

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Write Your Motivational Quote Here

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## WEEK TWO – DAY 1 – QUADRICEPS, GLUTES & CALVES

Exercises	Sets	Reps	Tempo	S1 – R	S1 – WT	S2 – R	S2 – WT	S3 – R	S3-WT	S4-R	S4-WT
A1. <a href="#">Dumbbell</a> or <a href="#">Barbell Squats</a>	4	10, 10, 10, 10	2:1:2	10		10		10		10	
A2. <a href="#">Static Lunges</a>	3	12, 12, 15	2:1:2	12		12		15		—	—
B1. <a href="#">Leg Press</a>	4	10, 12, 12, 15	2:1:2	10		12		12		15	
B2. <a href="#">Floor Band Hip Thrusts</a>	4	15, 15, 20, 20	2:2:2	15		15		20		20	
<a href="#">Standing Calf Raises</a>	3	12, 15, 15	3:3:3	12		15		15		—	—
<a href="#">Seated Calf Raises</a>	3	12, 12, 15	2:1:2	12		12		15		—	—

**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 for my next workout?

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Write Your Motivational Quote Here

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## WEEK TWO – DAY 2 – CHEST, SHOULDERS, & TRICEPS

Exercises	Sets	Reps	Tempo	S1 – R	S1 – WT	S2 – R	S2 – WT	S3 – R	S3–WT	S4-R	S4-WT
A1. <a href="#">Chest Dumbbell Press (Bench)</a>	4	10, 10, 12, 12	2:1:2	10		10		12		12	
A2. <a href="#">Standing Barbell Shoulder Press</a>	4	10, 10, 12, 12	2:1:2	10		10		12		12	
B1. <a href="#">Chest Dumbbell Fly (Incline)</a>	3	10, 12, 12	3:2:3	10		12		12		—	—
B2. <a href="#">Lateral Dumbbell Raises</a>	3	10, 12, 12	3:2:3	10		12		12		—	—
C1. <a href="#">Bench Push-Ups</a>	3	8, 10, 12	2:2:2	8		10		12		—	—
C2. <a href="#">Triceps Overhead Extensions</a>	3	10, 12, 12	2:1:2	10		12		12		—	—
<a href="#">Bent-Over Dumbbell Fly</a>	3	12, 12, 12	2:1:2	12		12		12		—	—
<a href="#">Triceps Kickback</a>	3	10, 12, 12	2:1:2	10		12		12		—	—
<a href="#">Triceps Rope Pushdown</a>	3	12, 15, 15	2:2:2	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 for my next workout?

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Write Your Motivational Quote Here

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## WEEK TWO – DAY 3 – HAMSTRINGS, GLUTES & CALVES

Exercises	Sets	Reps	Tempo	S1 – R	S1 – WT	S2 – R	S2 – WT	S3 – R	S3–WT	S4-R	S4-WT
A1. <a href="#">Dumbbell Romanian Deadlifts</a>	4	10, 10, 12, 12	2:1:2	10		10		12		12	
A2. <a href="#">Bulgarian Split Squats</a>	4	10, 10, 12, 12	2:1:2	10		10		12		12	
B1. <a href="#">Banded Bodyweight Walking Lunges</a>	4	15, 15, 20, 20	2:1:2	15		15		20		20	
B2. <a href="#">Bodyweight Step-Ups</a>	3	12, 15, 15	2:1:2	12		15		15		—	—
<a href="#">Banded Goblet Squats</a>	3	15, 15, 20	2:1:2	15		15		20		—	—
<a href="#">Single-Legged Standing Calf Raises</a>	3	15, 15, 20	2:2:2	15		15		20		—	—
<a href="#">Single-Legged Seated Calf Raises</a>	3	12, 12, 15	2:2:2	12		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 for my next workout?

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Write Your Motivational Quote Here

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## WEEK TWO – DAY 4 – BACK & BICEPS

Exercises	Sets	Reps	Tempo	S1 – R	S1 – WT	S2 – R	S2 – WT	S3 – R	S3–WT	S4-R	S4-WT
A1. <a href="#">Lat-Pull Down (Wide Grip)</a>	4	10, 10, 10, 10	2:1:2	10		10		10		10	
A2. <a href="#">Lat-Pull Down (Chin Up)</a>	4	8, 8, 8, 8	2:1:2	8		8		8		8	
B1. <a href="#">Dumbbell Rows</a>	3	10 12, 12	2:1:2	10		12		12		—	—
B2. <a href="#">Alternate Dumbbell Bicep Curls</a>	3	12, 12, 15	2:1:2	12		12		15		—	—
<a href="#">Seated Rows (V-Bar)</a>	3	12, 15, 20	2:2:2	12		15		20		—	—
C1. <a href="#">Barbell Curls</a>	3	12, 12, 15	2:1:2	12		12		15		—	—
C2. <a href="#">Hammer Curls</a>	3	15, 15, 15	2:1:2	15		15		15		—	—

**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 for my next workout?

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Write Your Motivational Quote Here

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## WEEK THREE – DAY 1 – QUADRICEPS, GLUTES & CALVES

Exercises	Sets	Reps	Tempo	S1 – R	S1 – WT	S2 – R	S2 – WT	S3 – R	S3-WT	S4-R	S4-WT
A1. <a href="#">Dumbbell</a> or <a href="#">Barbell Squats</a>	4	10, 10, 12, 12	2:1:2	10		10		12		12	
A2. <a href="#">Static Lunges</a>	4	12, 12, 15, 15	2:1:2	12		12		15		15	
B1. <a href="#">Leg Press</a>	4	12, 15, 15, 20	2:1:2	12		15		15		20	
B2. <a href="#">Floor Band Hip Thrusts</a>	4	15, 15, 20, 20	2:2:2	15		15		20		20	
<a href="#">Standing Calf Raises</a>	4	12, 12, 15, 15	3:3:3	12		12		15		15	
<a href="#">Seated Calf Raises</a>	4	12, 12, 15, 15	2:1:2	12		12		15		15	

**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 for my next workout?

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Write Your Motivational Quote Here

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## WEEK THREE – DAY 2 – CHEST, SHOULDERS, & TRICEPS

Exercises	Sets	Reps	Tempo	S1 – R	S1 – WT	S2 – R	S2 – WT	S3 – R	S3-WT	S4-R	S4-WT
A1. <a href="#">Chest Dumbbell Press (Bench)</a>	4	12, 12, 15, 15	2:1:2	12		12		15		15	
A2. <a href="#">Standing Barbell Shoulder Press</a>	4	10, 10, 12, 12	2:1:2	10		10		12		12	
B1. <a href="#">Chest Dumbbell Fly (Incline)</a>	4	10, 12, 15, 15	3:2:3	10		12		15		15	
B2. <a href="#">Lateral Dumbbell Raises</a>	4	12, 12, 15, 15	3:2:3	12		12		15		15	
C1. <a href="#">Bench Push-Ups</a>	4	10, 12, 12, 15	2:2:2	10		12		12		15	
C2. <a href="#">Triceps Overhead Extensions</a>	4	12, 12, 12, 12	2:1:2	12		12		12		12	
<a href="#">Bent-Over Dumbbell Fly</a>	4	15, 15, 15, 15	2:1:2	15		15		15		15	
<a href="#">Triceps Kickback</a>	4	10, 10, 12, 12	2:1:2	10		10		12		12	
<a href="#">Triceps Rope Pushdown</a>	4	15, 15, 15, 15	2:2:2	15		15		15		15	

**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 for my next workout?

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Write Your Motivational Quote Here

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## WEEK THREE – DAY 3 – HAMSTRINGS, GLUTES & CALVES

Exercises	Sets	Reps	Tempo	S1 – R	S1 – WT	S2 – R	S2 – WT	S3 – R	S3–WT	S4-R	S4-WT
A1. <a href="#">Dumbbell Romanian Deadlifts</a>	4	12, 12, 12, 12	2:1:2	12		12		12		12	
A2. <a href="#">Bulgarian Split Squats</a>	4	12, 12, 12, 15	2:1:2	12		12		12		15	
B1. <a href="#">Banded Bodyweight Walking Lunges</a>	4	15, 15, 20, 20	2:1:2	15		15		20		20	
B2. <a href="#">Bodyweight Step-Ups</a>	4	12, 15, 20, 25	2:1:2	12		15		20		25	
<a href="#">Banded Goblet Squats</a>	4	12, 15, 15, 20	2:1:2	12		15		15		20	
<a href="#">Single-Legged Standing Calf Raises</a>	4	12, 12, 15, 15	2:2:2	12		12		15		15	
<a href="#">Single-Legged Seated Calf Raises</a>	4	12, 12, 15, 15	2:2:2	12		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 for my next workout?

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Write Your Motivational Quote Here

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## WEEK THREE – DAY 4 – BACK & BICEPS

Exercises	Sets	Reps	Tempo	S1 – R	S1 – WT	S2 – R	S2 – WT	S3 – R	S3–WT	S4-R	S4-WT
A1. <a href="#">Lat-Pull Down (Wide Grip)</a>	4	10, 10, 10, 10	2:1:2	10		10		10		10	
A2. <a href="#">Lat-Pull Down (Chin Up)</a>	4	8, 8, 8, 8	2:1:2	8		8		8		8	
B1. <a href="#">Dumbbell Rows</a>	3	10 12, 12	2:1:2	10		12		12		—	—
B2. <a href="#">Alternate Dumbbell Bicep Curls</a>	3	12, 12, 15	2:1:2	12		12		15		—	—
<a href="#">Seated Rows (V-Bar)</a>	3	12, 15, 20	2:2:2	12		15		20		—	—
C1. <a href="#">Barbell Curls</a>	3	12, 12, 15	2:1:2	12		12		15		—	—
C2. <a href="#">Hammer Curls</a>	3	15, 15, 15	2:1:2	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 for my next workout?

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Write Your Motivational Quote Here

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## WEEK FOUR – DAY 1 – QUADRICEPS, GLUTES & CALVES

Exercises	Sets	Reps	Tempo	S1 – R	S1 – WT	S2 – R	S2 – WT	S3 – R	S3-WT	S4-R	S4-WT
A1. <a href="#">Dumbbell</a> or <a href="#">Barbell Squats</a>	4	10, 10, 12, 12	2:1:2	10		10		12		12	
A2. <a href="#">Static Lunges</a>	4	12, 12, 15, 15	2:1:2	12		12		15		15	
B1. <a href="#">Leg Press</a>	4	12, 15, 15, 20	2:1:2	12		15		15		20	
B2. <a href="#">Floor Band Hip Thrusts</a>	4	15, 15, 20, 20	2:2:2	15		15		20		20	
<a href="#">Standing Calf Raises</a>	4	12, 12, 15, 15	3:3:3	12		12		15		15	
<a href="#">Seated Calf Raises</a>	4	12, 12, 15, 15	2:1:2	12		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 for my next workout?

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Write Your Motivational Quote Here

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## WEEK FOUR – DAY 2 – CHEST, SHOULDERS, & TRICEPS

Exercises	Sets	Reps	Tempo	S1 – R	S1 – WT	S2 – R	S2 – WT	S3 – R	S3-WT	S4-R	S4-WT
A1. <a href="#">Chest Dumbbell Press (Bench)</a>	4	12, 12, 15, 15	2:1:2	12		12		15		15	
A2. <a href="#">Standing Barbell Shoulder Press</a>	4	10, 10, 12, 12	2:1:2	10		10		12		12	
B1. <a href="#">Chest Dumbbell Fly (Incline)</a>	4	10, 12, 15, 15	3:2:3	10		12		15		15	
B2. <a href="#">Lateral Dumbbell Raises</a>	4	12, 12, 15, 15	3:2:3	12		12		15		15	
C1. <a href="#">Bench Push-Ups</a>	4	10, 12, 12, 15	2:2:2	10		12		12		15	
C2. <a href="#">Triceps Overhead Extensions</a>	4	12, 12, 12, 12	2:1:2	12		12		12		12	
<a href="#">Bent-Over Dumbbell Fly</a>	4	15, 15, 15, 15	2:1:2	15		15		15		15	
<a href="#">Triceps Kickback</a>	4	10, 10, 12, 12	2:1:2	10		10		12		12	
<a href="#">Triceps Rope Pushdown</a>	4	15, 15, 15, 15	2:2:2	15		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 for my next workout?

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Write Your Motivational Quote Here

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## WEEK FOUR – DAY 3 – HAMSTRINGS, GLUTES & CALVES

Exercises	Sets	Reps	Tempo	S1 – R	S1 – WT	S2 – R	S2 – WT	S3 – R	S3–WT	S4-R	S4-WT
A1. <a href="#">Dumbbell Romanian Deadlifts</a>	4	12, 12, 12, 12	2:1:2	12		12		12		12	
A2. <a href="#">Bulgarian Split Squats</a>	4	12, 12, 12, 15	2:1:2	12		12		12		15	
B1. <a href="#">Banded Bodyweight Walking Lunges</a>	4	15, 15, 20, 20	2:1:2	15		15		20		20	
B2. <a href="#">Bodyweight Step-Ups</a>	4	12, 15, 20, 25	2:1:2	12		15		20		25	
<a href="#">Banded Goblet Squats</a>	4	12, 15, 15, 20	2:1:2	12		15		15		20	
<a href="#">Single-Legged Standing Calf Raises</a>	4	12, 12, 15, 15	2:2:2	12		12		15		15	
<a href="#">Single-Legged Seated Calf Raises</a>	4	12, 12, 15, 15	2:2:2	12		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?

\_\_\_\_\_

What can I improve on for my next workout?

\_\_\_\_\_

Write Your Motivational Quote Here

\_\_\_\_\_

## WEEK FOUR – DAY 4 – BACK & BICEPS

Exercises	Sets	Reps	Tempo	S1 – R	S1 – WT	S2 – R	S2 – WT	S3 – R	S3–WT	S4-R	S4-WT
A1. <a href="#">Lat-Pull Down (Wide Grip)</a>	4	10, 10, 10, 10	2:1:2	10		10		10		10	
A2. <a href="#">Lat-Pull Down (Chin Up)</a>	4	8, 8, 8, 8	2:1:2	8		8		8		8	
B1. <a href="#">Dumbbell Rows</a>	3	10 12, 12	2:1:2	10		12		12		—	—
B2. <a href="#">Alternate Dumbbell Bicep Curls</a>	3	12, 12, 15	2:1:2	12		12		15		—	—
<a href="#">Seated Rows (V-Bar)</a>	3	12, 15, 20	2:2:2	12		15		20		—	—
C1. <a href="#">Barbell Curls</a>	3	12, 12, 15	2:1:2	12		12		15		—	—
C2. <a href="#">Hammer Curls</a>	3	15, 15, 15	2:1:2	15		15		15		—	—

**Cardio:** Time – \_\_\_\_:\_\_\_\_

**Notes:**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

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

What did I like about this workout?

\_\_\_\_\_

What can I improve on for my next workout?

\_\_\_\_\_

Write Your Motivational Quote Here

\_\_\_\_\_