

WORKOUT A: Quadriceps, Glutes & Calves

Exercise	Sets	Reps	Rest	S	R	W	S	R	W	S	R	W	S	R	W
A1. Dumbbell or Barbell Squats	4	10	2 min.	1	10		2	10		3	10		4	10	
A2. Static Lunges	3	12, 12, 15		1	12		2	12		3	15		—	—	—
B1. Leg Press	4	10, 12, 12, 15	2 min.	1	10		2	12		3	12		4	15	
B2. Hip Thrusts (Band - On Floor)	4	15-20		1	15		2	15		3	20		4	20	
Frog Pumps (Band - On Floor)	4	15-20	1 min.	1	15		2	15		3	20		4	20	
Standing Calf Raises	3	12, 15, 15	30 sec.	1	12		2	15		3	15		—	—	—
Seated Calf Raises	3	12, 12, 15	30 sec.	1	12		2	12		3	15		—	—	—

WORKOUT B: Chest, Shoulders & Triceps

Exercise	Sets	Reps	Rest	S	R	W	S	R	W	S	R	W	S	R	W
A1. Chest Dumbbell Press (Bench)	4	10, 10, 12, 12	2 min.	1	10		2	10		3	12		4	12	
A2. Barbell Shoulder Press	4	10, 10, 12, 12		1	10		2	10		3	12		4	12	
B1. Chest Dumbbell Fly (Incline)	3	10, 12, 12	2 min.	1	10		2	12		3	12		—	—	—
B2. Lateral Dumbbell Raises	3	10, 12, 12		1	10		2	12		3	12		—	—	—
C1. Bench Push-Ups	3	8, 10, 12	2 min.	1	8		2	10		3	12		—	—	—
C2. Triceps Overhead Extensions	3	10, 10, 12		1	10		2	10		3	12		—	—	—
Bent-Over Dumbbell Fly	3	12	1 min.	1	12		2	12		3	12		—	—	—
Triceps Kickback	3	10, 12, 12	1 min.	1	10		2	12		3	12		—	—	—
Triceps Rope or Dual-Handle Pushdown	3	12, 15, 15	1 min.	1	12		2	15		3	15		—	—	—

WORKOUT C: Hamstrings, Glutes & Calves

Exercise	Sets	Reps	Rest	S	R	W	S	R	W	S	R	W	S	R	W
Dumbbell Romanian Deadlifts	4	10, 10, 12, 12	1 min.	1	10		2	10		3	12		4	12	
A1. Bulgarian Split Squats	4	10	2 min.	1	10		2	10		3	10		4	10	
A2. (Band) Bodyweight Hip Thrusts	4	15-20		1	15		2	15		3	20		4	20	
B1. (Band) Bodyweight Walking Lunges	4	15-20	2 min.	1	15		2	15		3	20		4	20	
B2. Bodyweight Step-Ups	3	12, 15, 15		1	12		2	15		3	15		—	—	—
(Band) Goblet Squats	3	15-20	1 min.	1	15		2	15		3	20		—	—	—
Single-Legged Standing Calf Raises	3	15, 15, 20	30 sec.	1	15		2	15		3	20		—	—	—
Single-Legged Seated Calf Raises	3	12, 12, 15	30 sec.	1	12		2	12		3	15		—	—	—

WORKOUT D: Back & Biceps

Exercise	Sets	Reps	Rest	S	R	W	S	R	W	S	R	W	S	R	W
A1. Lat Pull-Down (Wide Grip)	4	10	2 min.	1	10		2	10		3	10		4	10	
A2. Lat Pull-Down (Chin-Up)	4	8		1	8		2	8		3	8		4	8	
B1. Dumbbell Rows	3	10, 12, 12	2 min.	1	10		2	12		3	12		—	—	—
B2. Alternate Dumbbell Bicep Curls	3	12, 12, 15		1	12		2	12		3	15		—	—	—
Seated Rows (V-Bar)	3	12, 12, 15	1 min.	1	12		2	12		3	15		—	—	—
C1. Barbell Curls	3	12, 12, 15	2 min.	1	12		2	12		3	15		—	—	—
C2. Hammer Curls	3	15		1	15		2	15		3	15		—	—	—

WORKOUT A: Quadriceps, Glutes & Calves

Exercise	Sets	Reps	Rest	S	R	W	S	R	W	S	R	W	S	R	W
A1. Dumbbell or Barbell Squats	4	10	2 min.	1	10		2	10		3	10		4	10	
A2. Static Lunges	3	12, 12, 15		1	12		2	12		3	15		—	—	—
B1. Leg Press	4	10, 12, 12, 15	2 min.	1	10		2	12		3	12		4	15	
B2. Hip Thrusts (Band - On Floor)	4	15-20		1	15		2	15		3	20		4	20	
Frog Pumps (Band - On Floor)	4	15-20	1 min.	1	15		2	15		3	20		4	20	
Standing Calf Raises	3	12, 15, 15	30 sec.	1	12		2	15		3	15		—	—	—
Seated Calf Raises	3	12, 12, 15	30 sec.	1	12		2	12		3	15		—	—	—

WORKOUT B: Chest, Shoulders & Triceps

Exercise	Sets	Reps	Rest	S	R	W	S	R	W	S	R	W	S	R	W
A1. Chest Dumbbell Press (Bench)	4	10, 10, 12, 12	2 min.	1	10		2	10		3	12		4	12	
A2. Barbell Shoulder Press	4	10, 10, 12, 12		1	10		2	10		3	12		4	12	
B1. Chest Dumbbell Fly (Incline)	3	10, 12, 12	2 min.	1	10		2	12		3	12		—	—	—
B2. Lateral Dumbbell Raises	3	10, 12, 12		1	10		2	12		3	12		—	—	—
C1. Bench Push-Ups	3	8, 10, 12	2 min.	1	8		2	10		3	12		—	—	—
C2. Triceps Overhead Extensions	3	10, 10, 12		1	10		2	10		3	12		—	—	—
Bent-Over Dumbbell Fly	3	12	1 min.	1	12		2	12		3	12		—	—	—
Triceps Kickback	3	10, 12, 12	1 min.	1	10		2	12		3	12		—	—	—
Triceps Rope or Dual-Handle Pushdown	3	12, 15, 15	1 min.	1	12		2	15		3	15		—	—	—

WORKOUT C: Hamstrings, Glutes & Calves

Exercise	Sets	Reps	Rest	S	R	W	S	R	W	S	R	W	S	R	W
Dumbbell Romanian Deadlifts	4	10, 10, 12, 12	1 min.	1	10		2	10		3	12		4	12	
A1. Bulgarian Split Squats	4	10	2 min.	1	10		2	10		3	10		4	10	
A2. (Band) Bodyweight Hip Thrusts	4	15-20		1	15		2	15		3	20		4	20	
B1. (Band) Bodyweight Walking Lunges	4	15-20	2 min.	1	15		2	15		3	20		4	20	
B2. Bodyweight Step-Ups	3	12, 15, 15		1	12		2	15		3	15		—	—	—
(Band) Goblet Squats	3	15-20	1 min.	1	15		2	15		3	20		—	—	—
Single-Legged Standing Calf Raises	3	15, 15, 20	30 sec.	1	15		2	15		3	20		—	—	—
Single-Legged Seated Calf Raises	3	12, 12, 15	30 sec.	1	12		2	12		3	15		—	—	—

WORKOUT D: Back & Biceps

Exercise	Sets	Reps	Rest	S	R	W	S	R	W	S	R	W	S	R	W
A1. Lat Pull-Down (Wide Grip)	4	10	2 min.	1	10		2	10		3	10		4	10	
A2. Lat Pull-Down (Chin-Up)	4	8		1	8		2	8		3	8		4	8	
B1. Dumbbell Rows	3	10, 12, 12	2 min.	1	10		2	12		3	12		—	—	—
B2. Alternate Dumbbell Bicep Curls	3	12, 12, 15		1	12		2	12		3	15		—	—	—
Seated Rows (V-Bar)	3	12, 12, 15	1 min.	1	12		2	12		3	15		—	—	—
C1. Barbell Curls	3	12, 12, 15	2 min.	1	12		2	12		3	15		—	—	—
C2. Hammer Curls	3	15		1	15		2	15		3	15		—	—	—

WORKOUT A: Quadriceps, Glutes & Calves

Exercise	Sets	Reps	Rest	S	R	W	S	R	W	S	R	W	S	R	W
A1. Dumbbell or Barbell Squats	4	10, 10, 12, 12	2 min.	1	10		2	10		3	12		4	12	
A2. Static Lunges	3	12, 12, 15, 15		1	12		2	12		3	15		4	15	
B1. Leg Press	4	12, 15, 15, 20	2 min.	1	12		2	15		3	15		4	20	
B2. Hip Thrusts (Band - On Floor)	4	15-20		1	15		2	15		3	20		4	20	
Frog Pumps (Band - On Floor)	4	15-20	1 min.	1	15		2	15		3	20		4	20	
Standing Calf Raises	4	12, 15, 15, 15	30 sec.	1	12		2	15		3	15		4	15	
Seated Calf Raises	4	12, 12, 15, 15	30 sec.	1	12		2	12		3	15		4	15	

WORKOUT B: Chest, Shoulders & Triceps

Exercise	Sets	Reps	Rest	S	R	W	S	R	W	S	R	W	S	R	W
A1. Chest Dumbbell Press (Bench)	4	12, 12, 15, 15	2 min.	1	12		2	12		3	15		4	15	
A2. Barbell Shoulder Press	4	10, 10, 12, 12		1	10		2	10		3	12		4	12	
B1. Chest Dumbbell Fly (Incline)	4	10, 12, 15, 15	2 min.	1	10		2	12		3	15		4	15	
B2. Lateral Dumbbell Raises	4	12, 12, 15, 15		1	12		2	12		3	15		4	15	
C1. Bench Push-Ups	4	10, 12, 12, 15	2 min.	1	10		2	12		3	12		4	15	
C2. Triceps Overhead Extensions	4	12		1	12		2	12		3	12		4	12	
Bent-Over Dumbbell Fly	4	15	1 min.	1	15		2	15		3	15		4	15	
Triceps Kickback	4	10, 10, 12, 12	1 min.	1	10		2	10		3	12		4	12	
Triceps Rope or Dual-Handle Pushdown	4	15	1 min.	1	15		2	15		3	15		4	15	

WORKOUT C: Hamstrings, Glutes & Calves

Exercise	Sets	Reps	Rest	S	R	W	S	R	W	S	R	W	S	R	W
Dumbbell Romanian Deadlifts	4	12	1 min.	1	12		2	12		3	12		4	12	
A1. Bulgarian Split Squats	4	12, 12, 12, 15	2 min.	1	12		2	12		3	12		4	15	
A2. (Band) Bodyweight Hip Thrusts	4	15-20		1	15		2	15		3	20		4	20	
B1. (Band) Bodyweight Walking Lunges	4	15-20	2 min.	1	15		2	15		3	20		4	20	
B2. Bodyweight Step-Ups	4	12, 15, 20, 25		1	12		2	15		3	20		4	25	
(Band) Goblet Squats	4	12, 15, 15, 20	1 min.	1	12		2	15		3	15		4	20	
Single-Legged Standing Calf Raises	4	12, 12, 15, 15	30 sec.	1	12		2	12		3	15		4	15	
Single-Legged Seated Calf Raises	4	12, 12, 15, 15	30 sec.	1	12		2	12		3	15		4	15	

WORKOUT D: Back & Biceps

Exercise	Sets	Reps	Rest	S	R	W	S	R	W	S	R	W	S	R	W
A1. Lat Pull-Down (Wide Grip)	4	12	2 min.	1	12		2	12		3	12		4	12	
A2. Lat Pull-Down (Chin-Up)	4	10		1	10		2	10		3	10		4	10	
B1. Dumbbell Rows	4	10, 12, 12, 12	2 min.	1	10		2	12		3	12		4	12	
B2. Alternate Dumbbell Bicep Curls	4	12, 12, 15, 15		1	12		2	12		3	15		4	15	
Seated Rows (V-Bar)	4	12, 12, 15, 20	1 min.	1	12		2	12		3	15		4	20	
C1. Barbell Curls	4	12, 12, 15, 15	2 min.	1	12		2	12		3	15		4	15	
C2. Hammer Curls	4	12, 12, 15, 15		1	12		2	12		3	15		4	15	

WORKOUT A: Quadriceps, Glutes & Calves

Exercise	Sets	Reps	Rest	S	R	W	S	R	W	S	R	W	S	R	W
A1. Dumbbell or Barbell Squats	4	10, 10, 12, 12	2 min.	1	10		2	10		3	12		4	12	
A2. Static Lunges	3	12, 12, 15, 15		1	12		2	12		3	15		4	15	
B1. Leg Press	4	12, 15, 15, 20	2 min.	1	12		2	15		3	15		4	20	
B2. Hip Thrusts (Band - On Floor)	4	15-20		1	15		2	15		3	20		4	20	
Frog Pumps (Band - On Floor)	4	15-20	1 min.	1	15		2	15		3	20		4	20	
Standing Calf Raises	4	12, 15, 15, 15	30 sec.	1	12		2	15		3	15		4	15	
Seated Calf Raises	4	12, 12, 15, 15	30 sec.	1	12		2	12		3	15		4	15	

WORKOUT B: Chest, Shoulders & Triceps

Exercise	Sets	Reps	Rest	S	R	W	S	R	W	S	R	W	S	R	W
A1. Chest Dumbbell Press (Bench)	4	12, 12, 15, 15	2 min.	1	12		2	12		3	15		4	15	
A2. Barbell Shoulder Press	4	10, 10, 12, 12		1	10		2	10		3	12		4	12	
B1. Chest Dumbbell Fly (Incline)	4	10, 12, 15, 15	2 min.	1	10		2	12		3	15		4	15	
B2. Lateral Dumbbell Raises	4	12, 12, 15, 15		1	12		2	12		3	15		4	15	
C1. Bench Push-Ups	4	10, 12, 12, 15	2 min.	1	10		2	12		3	12		4	15	
C2. Triceps Overhead Extensions	4	12		1	12		2	12		3	12		4	12	
Bent-Over Dumbbell Fly	4	15	1 min.	1	15		2	15		3	15		4	15	
Triceps Kickback	4	10, 10, 12, 12	1 min.	1	10		2	10		3	12		4	12	
Triceps Rope or Dual-Handle Pushdown	4	15	1 min.	1	15		2	15		3	15		4	15	

WORKOUT C: Hamstrings, Glutes & Calves

Exercise	Sets	Reps	Rest	S	R	W	S	R	W	S	R	W	S	R	W
Dumbbell Romanian Deadlifts	4	12	1 min.	1	12		2	12		3	12		4	12	
A1. Bulgarian Split Squats	4	12, 12, 12, 15	2 min.	1	12		2	12		3	12		4	15	
A2. (Band) Bodyweight Hip Thrusts	4	15-20		1	15		2	15		3	20		4	20	
B1. (Band) Bodyweight Walking Lunges	4	15-20	2 min.	1	15		2	15		3	20		4	20	
B2. Bodyweight Step-Ups	4	12, 15, 20, 25		1	12		2	15		3	20		4	25	
(Band) Goblet Squats	4	12, 15, 15, 20	1 min.	1	12		2	15		3	15		4	20	
Single-Legged Standing Calf Raises	4	12, 12, 15, 15	30 sec.	1	12		2	12		3	15		4	15	
Single-Legged Seated Calf Raises	4	12, 12, 15, 15	30 sec.	1	12		2	12		3	15		4	15	

WORKOUT D: Back & Biceps

Exercise	Sets	Reps	Rest	S	R	W	S	R	W	S	R	W	S	R	W
A1. Lat Pull-Down (Wide Grip)	4	12	2 min.	1	12		2	12		3	12		4	12	
A2. Lat Pull-Down (Chin-Up)	4	10		1	10		2	10		3	10		4	10	
B1. Dumbbell Rows	4	10, 12, 12, 12	2 min.	1	10		2	12		3	12		4	12	
B2. Alternate Dumbbell Bicep Curls	4	12, 12, 15, 15		1	12		2	12		3	15		4	15	
Seated Rows (V-Bar)	4	12, 12, 15, 20	1 min.	1	12		2	12		3	15		4	20	
C1. Barbell Curls	4	12, 12, 15, 15	2 min.	1	12		2	12		3	15		4	15	
C2. Hammer Curls	4	12, 12, 15, 15		1	12		2	12		3	15		4	15	