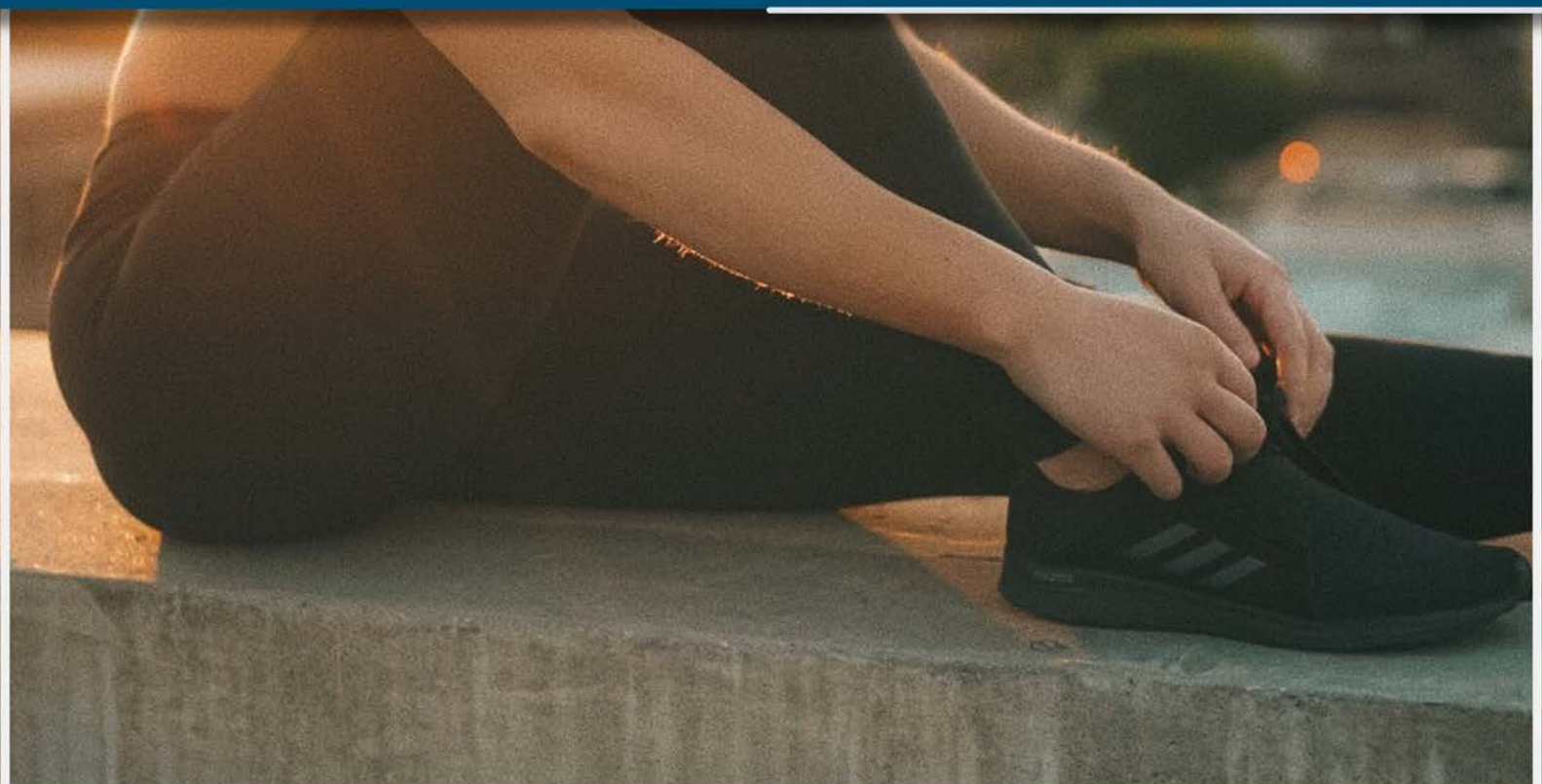




WEIGHT TRAINING MADE SIMPLE

LEVEL II



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For information, contact: info@ledbetterinc.com

WEIGHT TRAINING MADE SIMPLE

LEVEL II



WEIGHT TRAINING MADE SIMPLE 2.0

WEEK 1: DAY 1-2

Workout A: Glutes, Legs, & Calves

Superset	Exercise	Sets	Reps	Tempo	Rest	1	2	3	4	Notes	Alternate Exercise
	Lateral Band Walk, Leg Lifts & Swings	2	15	1:2:1	30 sec.	—	—	—	—	Dynamic Stretches	N/A
	Barbell Romanian Deadlift	4	10	1:3:1	2 min.					Back Straight, Knees Slightly Bent	Dumbbell Romanian Deadlift
	Barbell Hip Thrusts	3	10	1:3:1	2 min.				—	Wider Than Shoulder-Width	Dumbbell Hip Thrust
	Cable Standing Glute Kickback	3	15	1:2:1	1 min.				—	Keep Your Back Straight	Dumbbell Lunges
	Banded Barbell Squats	4	10-12	1:1:3	2 min.					Squeeze Glutes Each Rep	Dumbbell or Goblet Squats
	A1. Banded Seated Hip Abductions	3	15	1:2:1	2 min.				—	Lean Forward / Squeeze Glutes	Knee-Banded Pulse Squats
	A2. Banded Frog Pumps	3	15	1:2:1					—	Squeeze Glutes	Frog Pumps w/o Band
	DB Standing Calf Raises	3	12	2:3:2	1 min.				—	Stretch / Squeeze Calves	Seated Calf Raises

Total Set Volume: 23

Total Training Time:

Workout B: Back/Shoulders

Superset	Exercise	Sets	Reps	Tempo	Rest	1	2	3	4	Notes	Alternate Exercise
	Spinal Rotations, Arm Crossovers & Circles	2	12-15	N/A	30 sec.	—	—	—	—	Dynamic Stretches	N/A
	Standing Barbell Shoulder Press	3	8-10	1:2:1	2 min.				—	Strict Form, Push W/ Shoulders	Seated Arnold Press
	Single-Handle Cable Lateral Raise	3	12-15	1:2:1	2 min.				—	Focus/Squeeze Each Rep	One-Arm DB Lateral Raises
	Iso-Lateral Rows (Machine)	3	8-10	1:2:1	2 min.					Focus On Pulling W/ Back	Dumbbell Rows
	Lat Pull-Down (Shoulder-Width)	4	8-10	1:2:1	2 min.					Squeeze Mid-Back & Lats	Assisted Pull-Ups (Machine)
	A1. Barbell Upright Rows	3	10	1:2:1	2 min.				—	Keep Elbows Level W/ Shoulders	Rope Upright Rows
	A2. Standing Lateral DB Raises	3	10	1:2:1					—	Elbows Slightly Bent	Bent-Over Deltoid Raises
	Lower Back Extensions	4	10-12	1:2:1	1 min.					Keep Back Straight	Supermans

Total Set Volume: 23

Total Training Time:

WEIGHT TRAINING MADE SIMPLE 2.0

WEEK 1: DAY 4-5

Workout C: Glutes, Legs, & Calves

Superset	Exercise	Sets	Reps	Tempo	Rest	1	2	3	4	Notes	Alternate Exercise
	Lateral Band Walk, Leg Lifts & Swings	2	15	1:2:1	30 sec.	—	—	—	—	Dynamic Stretches	N/A
	Bulgarian Split Squats	4	12	1:2:1	2 min.					Focus Form; Squeeze Glutes	DB (Static) Lunges
	Banded Bodyweight Hip Thrusts	3	15	1:3:1	1 min.				—	Tuck Chin; Squeeze Glutes	No Band
	Bodyweight Walking Lunges	3	20	1:1:1	2 min.				—	Focus Form	N/A
	Lying Hamstring Curls	3	8-10	1:2:1	2 min.				—	Keep Hips Down	DB Romanian Deadlifts
	A1. Banded Back Extensions	4	15	1:3:1	2 min.					Keep Back Round	No Band or Supermans
	A2. Banded Elevated Hip Thrusts	4	20	1:2:1						Tuck Chin; Squeeze Glutes	No Band or Use Floor
	Single-Legged Calf Raises	3	12	2:3:2	1 min.				—	Stretch Down; Up > Squeeze It	N/A

Total Set Volume: 24

Total Training Time:

Workout D: Back/Shoulders

Superset	Exercise	Sets	Reps	Tempo	Rest	1	2	3	4	Notes	Alternate Exercise
	Spinal Rotations, Arm Crossovers & Circles	2	12-15	N/A	30 sec.	—	—	—	—	Dynamic Stretches	N/A
	Barbell Deadlifts	3	10	1:2:1	2 min.				—	Focus On Form; Squeeze Glutes	Lower Back Extensions
	Seated Rows (Cable: V-Bar Grip)	4	10	1:2:1	2 min.					Focus On Form; Squeeze Back	Barbell or Dumbbell Rows
	High-Rope Face Pulls	3	10-12	1:2:1	1 min.				—	Squeeze Each Rep; Stretch	Bent-Over DB Rear Fly
	Front Deltoid Raises	3	10-12	1:2:1	2 min.				—	Strict Form	Seated Shoulder DB Presses
	A1. Rear Pec Fly (Machine)	3	10	1:2:1	2 min.				—	Strict Form; Squeeze Shoulders	Resistance Band Pull Aparts
	A2. Standing Lateral DB Raises	3	10	1:2:1					—	Elbows Slightly Bent	DB Upright Rows
	Pull-Ups / Assisted Pull-Ups	3	F	1:2:1	2 min.				—	Shoulder-Width, Squeeze Back	Lat Pull-Down

Total Set Volume: 22

Total Training Time:

WEEK 1: DAY 6

Exercise	Sets	Reps	Tempo	Rest	1	2	3	4	Notes	Alternate Exercise
<u>Spinal Rotations, Arm Crossovers & Circles</u>	2	12-15	N/A	30 sec.	—	—	—	—	Dynamic Stretches	N/A
<u>Barbell Bench Press</u> (2 Warm Up Sets)	4	8-10	1:2:1	2 min.					Strict Form; Squeeze Chest	DB Bench Press
<u>Incline Dumbbell Fly</u>	3	8-10	1:2:1	2 min.				—	Strict Form; Squeeze Chest	DB Bench Fly
<u>Standing Barbell Curls</u> (2 Warm Up Sets)	3	8-10	1:3:2	2 min.				—	Squeeze Biceps	Standing Dumbbell Curls
<u>Dual-Handle</u> (or Rope) Triceps Push Down	3	12-15	1:3:2	2 min.				—	Last Rep, Hold For 10 Seconds	DB Overhead Extensions
A1. <u>Hammer Curls</u>	3	8-10	1:2:1	2 min.				—	Strict Form, Elbows Tucked In	Rope Curls
A2. <u>Overhead Tricep Rope Extension</u>	3	12	1:2:1					—	Brace Core; Squeeze Triceps	DB Lying Tricep Extension
<u>Preacher Curls</u>	2	15	1:2:1	2 min.				—	Strict Form; Squeeze Biceps	DB Concentration Curls

Total Training Time:

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WEIGHT TRAINING MADE SIMPLE

LEVEL II



WEIGHT TRAINING MADE SIMPLE 2.0

WEEK 2: DAY 1-2

Workout A: Glutes, Legs, & Calves

	Exercise	Sets	Reps	Tempo	Rest	1	2	3	4	Notes	Alternate Exercise
	Lateral Band Walk, Leg Lifts & Swings	2	15	1:2:1	30 sec.	—	—	—	—	Dynamic Stretches	N/A
	Barbell Romanian Deadlift	4	10	1:3:1	2 min.					Back Straight, Knees Slightly Bent	Dumbbell Romanian Deadlift
	Barbell Hip Thrusts	3	10	1:3:1	2 min.				—	Wider Than Shoulder-Width	Dumbbell Hip Thrust
	Cable Standing Glute Kickback	3	15	1:2:1	1 min.				—	Keep Your Back Straight	Dumbbell Lunges
	Banded Barbell Squats	4	10-12	1:1:3	2 min.					Squeeze Glutes Each Rep	Dumbbell or Goblet Squats
	A1. Banded Seated Hip Abductions	3	15	1:2:1	2 min.				—	Lean Forward / Squeeze Glutes	Knee-Banded Pulse Squats
Superset	A2. Banded Frog Pumps	3	15	1:2:1					—	Squeeze Glutes	Frog Pumps w/o Band
	DB Standing Calf Raises	3	12	2:3:2	1 min.				—	Stretch / Squeeze Calves	Seated Calf Raises

Total Set Volume: 23

Total Training Time:

Workout B: Back/Shoulders

	Exercise	Sets	Reps	Tempo	Rest	1	2	3	4	Notes	Alternate Exercise
	Spinal Rotations, Arm Crossovers & Circles	2	12-15	N/A	30 sec.	—	—	—	—	Dynamic Stretches	N/A
	Standing Barbell Shoulder Press	3	8-10	1:2:1	2 min.				—	Strict Form, Push W/ Shoulders	Seated Arnold Press
	Single-Handle Cable Lateral Raise	3	12-15	1:2:1	2 min.				—	Focus/Squeeze Each Rep	One-Arm DB Lateral Raises
	Iso-Lateral Rows (Machine)	3	8-10	1:2:1	2 min.					Focus On Pulling W/ Back	Dumbbell Rows
	Lat Pull-Down (Shoulder-Width)	4	8-10	1:2:1	2 min.					Squeeze Mid-Back & Lats	Assisted Pull-Ups (Machine)
	A1. Barbell Upright Rows	3	10	1:2:1	2 min.				—	Keep Elbows Level W/ Shoulders	Rope Upright Rows
Superset	A2. Standing Lateral DB Raises	3	10	1:2:1					—	Elbows Slightly Bent	Bent-Over Deltoid Raises
	Lower Back Extensions	4	10-12	1:2:1	1 min.					Keep Back Straight	Supermans

Total Set Volume: 23

Total Training Time:

WEIGHT TRAINING MADE SIMPLE 2.0

WEEK 2: DAY 4-5

Workout C: Glutes, Legs, & Calves

	Exercise	Sets	Reps	Tempo	Rest	1	2	3	4	Notes	Alternate Exercise
	Lateral Band Walk, Leg Lifts & Swings	2	15	1:2:1	30 sec.	—	—	—	—	Dynamic Stretches	N/A
	Bulgarian Split Squats	4	12	1:2:1	2 min.					Focus Form; Squeeze Glutes	DB (Static) Lunges
	Banded Bodyweight Hip Thrusts	3	15	1:3:1	1 min.				—	Tuck Chin; Squeeze Glutes	No Band
	Bodyweight Walking Lunges	3	20	1:1:1	2 min.				—	Focus Form	N/A
	Lying Hamstring Curls	3	8-10	1:2:1	2 min.				—	Keep Hips Down	DB Romanian Deadlifts
	A1. Banded Back Extensions	4	15	1:3:1	2 min.					Keep Back Round	No Band or Supermans
Superset	A2. Banded Elevated Hip Thrusts	4	20	1:2:1						Tuck Chin; Squeeze Glutes	No Band or Use Floor
	Single-Legged Calf Raises	3	12	2:3:2	1 min.				—	Stretch Down; Up > Squeeze It	N/A

Total Set Volume: 24

Total Training Time:

Workout D: Back/Shoulders

	Exercise	Sets	Reps	Tempo	Rest	1	2	3	4	Notes	Alternate Exercise
	Spinal Rotations, Arm Crossovers & Circles	2	12-15	N/A	30 sec.	—	—	—	—	Dynamic Stretches	N/A
	Barbell Deadlifts	3	10	1:2:1	2 min.				—	Focus On Form; Squeeze Glutes	Lower Back Extensions
	Seated Rows (Cable: V-Bar Grip)	4	10	1:2:1	2 min.					Focus On Form; Squeeze Back	Barbell or Dumbbell Rows
	High-Rope Face Pulls	3	10-12	1:2:1	1 min.				—	Squeeze Each Rep; Stretch	Bent-Over DB Rear Fly
	Front Deltoid Raises	3	10-12	1:2:1	2 min.				—	Strict Form	Seated Shoulder DB Presses
	A1. Rear Pec Fly (Machine)	3	10	1:2:1	2 min.				—	Strict Form; Squeeze Shoulders	Resistance Band Pull Aparts
Superset	A2. Standing Lateral DB Raises	3	10	1:2:1					—	Elbows Slightly Bent	DB Upright Rows
	Pull-Ups / Assisted Pull-Ups	3	F	1:2:1	2 min.				—	Shoulder-Width, Squeeze Back	Lat Pull-Down

Total Set Volume: 22

Total Training Time:

WEEK 2: DAY 6

Workout E: Chest/Biceps/Triceps

Exercise	Sets	Reps	Tempo	Rest	1	2	3	4	Notes	Alternate Exercise
<u>Spinal Rotations, Arm Crossovers & Circles</u>	2	12-15	N/A	30 sec.	—	—	—	—	Dynamic Stretches	N/A
<u>Barbell Bench Press</u> (2 Warm Up Sets)	4	8-10	1:2:1	2 min.					Strict Form; Squeeze Chest	DB Bench Press
<u>Incline Dumbbell Fly</u>	3	8-10	1:2:1	2 min.				—	Strict Form; Squeeze Chest	DB Bench Fly
<u>Standing Barbell Curls</u> (2 Warm Up Sets)	3	8-10	1:3:2	2 min.				—	Squeeze Biceps	Standing Dumbbell Curls
<u>Dual-Handle</u> (or Rope) Triceps Push Down	3	12-15	1:3:2	2 min.				—	Last Rep, Hold For 10 Seconds	DB Overhead Extensions
A1. <u>Hammer Curls</u>	3	8-10	1:2:1	2 min.				—	Strict Form, Elbows Tucked In	Rope Curls
A2. <u>Overhead Tricep Rope Extension</u>	3	12	1:2:1					—	Brace Core; Squeeze Triceps	DB Lying Tricep Extension
<u>Preacher Curls</u>	2	15	1:2:1	2 min.				—	Strict Form; Squeeze Biceps	DB Concentration Curls

Total Training Time:

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WEIGHT TRAINING MADE SIMPLE

LEVEL II



WEIGHT TRAINING MADE SIMPLE 2.0

WEEK 3: DAY 1-2

Workout A: Glutes, Legs, & Calves

Exercise		Sets	Reps	Tempo	Rest	1	2	3	4	Notes	Alternate Exercise
<u>Lateral Band Walk, Leg Lifts & Swings</u>		2	15	1:2:1	30 sec.	—	—	—	—	Dynamic Stretches	N/A
<u>Barbell Romanian Deadlift</u>		4	10	1:3:1	2 min.					Back Straight, Knees Slightly Bent	Dumbbell Romanian Deadlift
<u>Barbell Hip Thrusts</u>		3	10	1:3:1	2 min.				—	Wider Than Shoulder-Width	Dumbbell Hip Thrust
<u>Cable Standing Glute Kickback</u>		3	15	1:2:1	1 min.				—	Keep Your Back Straight	Dumbbell Lunges
<u>Banded Goblet Squats</u>		4	10-12	1:1:3	2 min.					Squeeze Glutes Each Rep	Dumbbell or Barbell Squats
Superset	A1. <u>Banded Seated Hip Abductions</u>	4	15	1:2:1	2 min.				—	Lean Forward / Squeeze Glutes	Knee-Banded Pulse Squats
	A2. <u>Banded Frog Pumps</u>	4	15	1:2:1					—	Squeeze Glutes	Frog Pumps w/o Band
	<u>DB Standing Calf Raises</u>	3	12	2:3:2	1 min.				—	Stretch / Squeeze Calves	Seated Calf Raises

Total Set Volume: 25

Total Training Time:

Workout B: Back/Shoulders

Exercise		Sets	Reps	Tempo	Rest	1	2	3	4	Notes	Alternate Exercise
<u>Spinal Rotations, Arm Crossovers & Circles</u>		2	12-15	N/A	30 sec.	—	—	—	—	Dynamic Stretches	N/A
<u>Standing Barbell Shoulder Press</u>		4	8-10	1:2:1	2 min.				—	Strict Form, Push W/ Shoulders	Seated Arnold Press
<u>Single-Handle Cable Lateral Raise</u>		3	12-15	1:2:1	2 min.				—	Focus/Squeeze Each Rep	One-Arm DB Lateral Raises
<u>Iso-Lateral Rows (Machine)</u>		4	8-10	1:2:1	2 min.					Focus On Pulling W/ Back	Dumbbell Rows
<u>Lat Pull-Down (Shoulder-Width)</u>		4	8-10	1:2:1	2 min.					Squeeze Mid-Back & Lats	Assisted Pull-Ups (Machine)
Superset	A1. <u>Barbell Upright Rows</u>	4	10	1:2:1	2 min.				—	Keep Elbows Level W/ Shoulders	Rope Upright Rows
	A2. <u>Standing Lateral DB Raises</u>	4	10	1:2:1					—	Elbows Slightly Bent	Bent-Over Deltoid Raises
	<u>Lower Back Extensions</u>	4	10-12	1:2:1	1 min.					Keep Back Straight	Supermans

Total Set Volume: 27

Total Training Time:

WEIGHT TRAINING MADE SIMPLE 2.0

WEEK 3: DAY 4-5

Workout C: Glutes, Legs, & Calves

	Exercise	Sets	Reps	Tempo	Rest	1	2	3	4	Notes	Alternate Exercise
	Lateral Band Walk, Leg Lifts & Swings	2	15	1:2:1	30 sec.	—	—	—	—	Dynamic Stretches	N/A
	Bulgarian Split Squats	4	12	1:2:1	2 min.					Focus Form; Squeeze Glutes	DB (Static) Lunges
	Banded Bodyweight Hip Thrusts	3	15	1:3:1	1 min.				—	Tuck Chin; Squeeze Glutes	No Band
	Bodyweight Walking Lunges	4	20	1:1:1	2 min.				—	Focus Form	N/A
	Lying Hamstring Curls	4	8-10	1:2:1	2 min.				—	Keep Hips Down	DB Romanian Deadlifts
	A1. Banded Back Extensions	4	15	1:3:1	2 min.					Keep Back Round	No Band or Supermans
Superset	A2. Banded Elevated Hip Thrusts	4	20	1:2:1						Tuck Chin; Squeeze Glutes	No Band or Use Floor
	Single-Legged Calf Raises	3	12	2:3:2	1 min.				—	Stretch Down; Up > Squeeze It	N/A

Total Set Volume: 26

Total Training Time:

Workout D: Back/Shoulders

	Exercise	Sets	Reps	Tempo	Rest	1	2	3	4	Notes	Alternate Exercise
	Spinal Rotations, Arm Crossovers & Circles	2	12-15	N/A	30 sec.	—	—	—	—	Dynamic Stretches	N/A
	Barbell Deadlifts	4	10	1:2:1	2 min.				—	Focus On Form; Squeeze Glutes	Lower Back Extensions
	Seated Rows (Cable: V-Bar Grip)	4	10	1:2:1	2 min.					Focus On Form; Squeeze Back	Barbell or Dumbbell Rows
	High-Rope Face Pulls	3	10-12	1:2:1	1 min.				—	Squeeze Each Rep; Stretch	Bent-Over DB Rear Fly
	Front Deltoid Raises	4	10-12	1:2:1	2 min.				—	Strict Form	Seated Shoulder DB Presses
	A1. Rear Pec Fly (Machine)	4	10	1:2:1	2 min.				—	Strict Form; Squeeze Shoulders	Resistance Band Pull Aparts
Superset	A2. Standing Lateral DB Raises	4	10	1:2:1					—	Elbows Slightly Bent	DB Upright Rows
	Pull-Ups / Assisted Pull-Ups	3	F	1:2:1	2 min.				—	Shoulder-Width, Squeeze Back	Lat Pull-Down

Total Set Volume: 26

Total Training Time:

WEIGHT TRAINING MADE SIMPLE 2.0

WEEK 3: DAY 6

Workout E: Chest/Biceps/Triceps

Exercise		Sets	Reps	Tempo	Rest	1	2	3	4	Notes	Alternate Exercise
Spinal Rotations, Arm Crossovers & Circles		2	12-15	N/A	30 sec.	—	—	—	—	Dynamic Stretches	N/A
Barbell Bench Press (2 Warm Up Sets)		4	8-10	1:2:1	2 min.					Strict Form; Squeeze Chest	DB Bench Press
Incline Dumbbell Fly		4	8-10	1:2:1	2 min.				—	Strict Form; Squeeze Chest	DB Bench Fly
Standing Barbell Curls (2 Warm Up Sets)		4	8-10	1:3:2	2 min.				—	Squeeze Biceps	Standing Dumbbell Curls
Dual-Handle (or Rope) Triceps Push Down		4	12-15	1:3:2	2 min.				—	Last Rep, Hold For 10 Seconds	DB Overhead Extensions
Superset	A1. Hammer Curls	3	8-10	1:2:1	2 min.				—	Strict Form, Elbows Tucked In	Rope Curls
	A2. Overhead Tricep Rope Extension	3	12	1:2:1					—	Brace Core; Squeeze Triceps	DB Lying Tricep Extension
Preacher Curls		3	15	1:2:1	2 min.				—	Strict Form; Squeeze Biceps	DB Concentration Curls

Total Set Volume: 25

Total Training Time:

WEIGHT TRAINING MADE SIMPLE

LEVEL II



WEIGHT TRAINING MADE SIMPLE 2.0

WEEK 4: DAY 1-2

Workout A: Glutes, Legs, & Calves

Exercise		Sets	Reps	Tempo	Rest	1	2	3	4	Notes	Alternate Exercise
<u>Lateral Band Walk, Leg Lifts & Swings</u>		2	15	1:2:1	30 sec.	—	—	—	—	Dynamic Stretches	N/A
<u>Barbell Romanian Deadlift</u>		4	10	1:3:1	2 min.					Back Straight, Knees Slightly Bent	Dumbbell Romanian Deadlift
<u>Barbell Hip Thrusts</u>		3	10	1:3:1	2 min.				—	Wider Than Shoulder-Width	Dumbbell Hip Thrust
<u>Cable Standing Glute Kickback</u>		3	15	1:2:1	1 min.				—	Keep Your Back Straight	Dumbbell Lunges
<u>Banded Goblet Squats</u>		4	10-12	1:1:3	2 min.					Squeeze Glutes Each Rep	Dumbbell or Barbell Squats
Superset	A1. <u>Banded Seated Hip Abductions</u>	4	15	1:2:1	2 min.				—	Lean Forward / Squeeze Glutes	Knee-Banded Pulse Squats
	A2. <u>Banded Frog Pumps</u>	4	15	1:2:1					—	Squeeze Glutes	Frog Pumps w/o Band
<u>DB Standing Calf Raises</u>		3	12	2:3:2	1 min.				—	Stretch / Squeeze Calves	Seated Calf Raises

Total Set Volume: 25

Total Training Time:

Workout B: Back/Shoulders

Exercise		Sets	Reps	Tempo	Rest	1	2	3	4	Notes	Alternate Exercise
<u>Spinal Rotations, Arm Crossovers & Circles</u>		2	12-15	N/A	30 sec.	—	—	—	—	Dynamic Stretches	N/A
<u>Standing Barbell Shoulder Press</u>		4	8-10	1:2:1	2 min.				—	Strict Form, Push W/ Shoulders	Seated Arnold Press
<u>Single-Handle Cable Lateral Raise</u>		3	12-15	1:2:1	2 min.				—	Focus/Squeeze Each Rep	One-Arm DB Lateral Raises
<u>Iso-Lateral Rows (Machine)</u>		4	8-10	1:2:1	2 min.					Focus On Pulling W/ Back	Dumbbell Rows
<u>Lat Pull-Down (Shoulder-Width)</u>		4	8-10	1:2:1	2 min.					Squeeze Mid-Back & Lats	Assisted Pull-Ups (Machine)
Superset	A1. <u>Barbell Upright Rows</u>	4	10	1:2:1	2 min.				—	Keep Elbows Level W/ Shoulders	Rope Upright Rows
	A2. <u>Standing Lateral DB Raises</u>	4	10	1:2:1					—	Elbows Slightly Bent	Bent-Over Deltoid Raises
<u>Lower Back Extensions</u>		4	10-12	1:2:1	1 min.					Keep Back Straight	Supermans

Total Set Volume: 27

Total Training Time:

WEIGHT TRAINING MADE SIMPLE 2.0

WEEK 4: DAY 4-5

Workout C: Glutes, Legs, & Calves

	Exercise	Sets	Reps	Tempo	Rest	1	2	3	4	Notes	Alternate Exercise
	Lateral Band Walk, Leg Lifts & Swings	2	15	1:2:1	30 sec.	—	—	—	—	Dynamic Stretches	N/A
	Bulgarian Split Squats	4	12	1:2:1	2 min.					Focus Form; Squeeze Glutes	DB (Static) Lunges
	Banded Bodyweight Hip Thrusts	3	15	1:3:1	1 min.				—	Tuck Chin; Squeeze Glutes	No Band
	Bodyweight Walking Lunges	4	20	1:1:1	2 min.				—	Focus Form	N/A
	Lying Hamstring Curls	4	8-10	1:2:1	2 min.				—	Keep Hips Down	DB Romanian Deadlifts
	A1. Banded Back Extensions	4	15	1:3:1	2 min.					Keep Back Round	No Band or Supermans
Superset	A2. Banded Elevated Hip Thrusts	4	20	1:2:1						Tuck Chin; Squeeze Glutes	No Band or Use Floor
	Single-Legged Calf Raises	3	12	2:3:2	1 min.				—	Stretch Down; Up > Squeeze It	N/A

Total Set Volume: 26

Total Training Time:

Workout D: Back/Shoulders

	Exercise	Sets	Reps	Tempo	Rest	1	2	3	4	Notes	Alternate Exercise
	Spinal Rotations, Arm Crossovers & Circles	2	12-15	N/A	30 sec.	—	—	—	—	Dynamic Stretches	N/A
	Barbell Deadlifts	4	10	1:2:1	2 min.				—	Focus On Form; Squeeze Glutes	Lower Back Extensions
	Seated Rows (Cable: V-Bar Grip)	4	10	1:2:1	2 min.					Focus On Form; Squeeze Back	Barbell or Dumbbell Rows
	High-Rope Face Pulls	3	10-12	1:2:1	1 min.				—	Squeeze Each Rep; Stretch	Bent-Over DB Rear Fly
	Front Deltoid Raises	4	10-12	1:2:1	2 min.				—	Strict Form	Seated Shoulder DB Presses
	A1. Rear Pec Fly (Machine)	4	10	1:2:1	2 min.				—	Strict Form; Squeeze Shoulders	Resistance Band Pull Aparts
Superset	A2. Standing Lateral DB Raises	4	10	1:2:1					—	Elbows Slightly Bent	DB Upright Rows
	Pull-Ups / Assisted Pull-Ups	3	F	1:2:1	2 min.				—	Shoulder-Width, Squeeze Back	Lat Pull-Down

Total Set Volume: 26

Total Training Time:

WEIGHT TRAINING MADE SIMPLE 2.0

WEEK 4: DAY 6

Workout E: Chest/Biceps/Triceps

Exercise		Sets	Reps	Tempo	Rest	1	2	3	4	Notes	Alternate Exercise
Spinal Rotations, Arm Crossovers & Circles		2	12-15	N/A	30 sec.	—	—	—	—	Dynamic Stretches	N/A
Barbell Bench Press (2 Warm Up Sets)		4	8-10	1:2:1	2 min.					Strict Form; Squeeze Chest	DB Bench Press
Incline Dumbbell Fly		4	8-10	1:2:1	2 min.				—	Strict Form; Squeeze Chest	DB Bench Fly
Standing Barbell Curls (2 Warm Up Sets)		4	8-10	1:3:2	2 min.				—	Squeeze Biceps	Standing Dumbbell Curls
Dual-Handle (or Rope) Triceps Push Down		4	12-15	1:3:2	2 min.				—	Last Rep, Hold For 10 Seconds	DB Overhead Extensions
Superset	A1. Hammer Curls	3	8-10	1:2:1	2 min.				—	Strict Form, Elbows Tucked In	Rope Curls
	A2. Overhead Tricep Rope Extension	3	12	1:2:1					—	Brace Core; Squeeze Triceps	DB Lying Tricep Extension
Preacher Curls		3	15	1:2:1	2 min.				—	Strict Form; Squeeze Biceps	DB Concentration Curls

Total Set Volume: 25

Total Training Time:

WEIGHT TRAINING MADE SIMPLE

LEVEL II



WEIGHT TRAINING MADE SIMPLE 2.0

WEEK 5: DAY 1-2

Workout A: Glutes, Legs, & Calves

Exercise		Sets	Reps	Tempo	Rest	1	2	3	4	Notes	Alternate Exercise
<u>Lateral Band Walk, Leg Lifts & Swings</u>		2	15	1:2:1	30 sec.	—	—	—	—	Dynamic Stretches	N/A
<u>Banded Leg Press</u>		4	12	1:3:1	2 min.					Back Straight, Knees Slightly Bent	DB or BB Squats
<u>Deficit Reverse Lunges</u>		3	12	1:2:1	2 min.				—	Lower Yourself Down Slowly	Static Lunges
<u>Bent Leg Reverse Extensions (Bench)</u>		3	12	1:2:1	1 min.				—	Squeeze Glutes Each Rep	DB Romanian Deadlifts
<u>One-Legged Romanian Deadlifts</u>		3	10-12	1:1:3	2 min.					Squeeze Glutes Each Rep	DB or BB Romanian Deadlifts
Superset	A1. <u>Side Lying Hip Raises</u>	4	20	1:2:1	2 min.				—	Lean Forward / Squeeze Glutes	Seated Hip Abductions
	A2. <u>Banded Frog Pumps</u>	4	15	1:2:1					—	Squeeze Glutes	Frog Pumps w/o Band
	<u>DB Standing Calf Raises</u>	4	12	2:3:2	1 min.				—	Stretch / Squeeze Calves	Seated Calf Raises

Total Set Volume: 25

Total Training Time:

Workout B: Back/Shoulders

Exercise		Sets	Reps	Tempo	Rest	1	2	3	4	Notes	Alternate Exercise
<u>Spinal Rotations, Arm Crossovers & Circles</u>		2	12-15	N/A	30 sec.	—	—	—	—	Dynamic Stretches	N/A
<u>Standing Barbell Shoulder Press</u>		4	8-10	1:2:1	2 min.				—	Strict Form, Push W/ Shoulders	Seated Arnold Press
<u>Single-Handle Cable Lateral Raise</u>		3	12-15	1:2:1	2 min.				—	Focus/Squeeze Each Rep	One-Arm DB Lateral Raises
<u>Iso-Lateral Rows (Machine)</u>		4	8-10	1:2:1	2 min.					Focus On Pulling W/ Back	Dumbbell Rows
<u>Lat Pull-Down (Shoulder-Width)</u>		4	8-10	1:2:1	2 min.					Squeeze Mid-Back & Lats	Assisted Pull-Ups (Machine)
Superset	A1. <u>Barbell Upright Rows</u>	4	10	1:2:1	2 min.				—	Keep Elbows Level W/ Shoulders	Rope Upright Rows
	A2. <u>Standing Front Deltoid Raises</u>	4	10	1:2:1					—	Elbows Slightly Bent	Arnold Press
<u>Lower Back Extensions</u>		4	10-12	1:2:1	1 min.					Keep Back Straight	Supermans

Total Set Volume: 27

Total Training Time:

WEIGHT TRAINING MADE SIMPLE 2.0

WEEK 5: DAY 4-5

Workout C: Glutes, Legs, & Calves

	Exercise	Sets	Reps	Tempo	Rest	1	2	3	4	Notes	Alternate Exercise
	Lateral Band Walk, Leg Lifts & Swings	2	15	1:2:1	30 sec.	—	—	—	—	Dynamic Stretches	N/A
	Bulgarian Split Squats	4	12	1:2:1	2 min.					Focus Form; Squeeze Glutes	DB (Static) Lunges
	Banded Barbell Hip Thrusts	3	15	1:3:1	1 min.				—	Tuck Chin; Squeeze Glutes	No Band or Use Dumbbell
	DB Walking Lunges	3	20	1:1:1	2 min.				—	Focus Form	Static Lunges
	Seated Hamstring Curls	4	10-12	1:2:1	2 min.				—	Keep Hips Down	Good Mornings
	A1. Banded — Back Extensions W/ Weight	4	15	1:3:1	2 min.					Keep Back Round	No Band or Supermans
	A2. Banded Frog Pumps W/ Weight	4	20	1:2:1						Tuck Chin; Squeeze Glutes	No Band or Use Floor
Superset	Single-Legged Calf Raises	4	12	2:3:2	1 min.				—	Stretch Down; Up > Squeeze It	N/A

Total Set Volume: 26

Total Training Time:

Workout D: Back/Shoulders

	Exercise	Sets	Reps	Tempo	Rest	1	2	3	4	Notes	Alternate Exercise
	Spinal Rotations, Arm Crossovers & Circles	2	12-15	N/A	30 sec.	—	—	—	—	Dynamic Stretches	N/A
	Barbell Deadlifts	4	10	1:2:1	2 min.				—	Focus On Form; Squeeze Glutes	Lower Back Extensions
	Dumbbell Rows	4	10	1:2:1	2 min.					Focus On Form; Squeeze Back	Seated Rows
	Lat Pull-Down (V-Bar or Narrow Grip)	4	10-12	1:2:1	1 min.				—	Squeeze Each Rep; Stretch	Bent-Over DB Rear Fly
	Front Deltoid Raises	4	10-12	1:2:1	2 min.				—	Strict Form	Seated Shoulder DB Presses
	A1. Rear Pec Fly (Machine)	4	10	1:2:1	2 min.				—	Strict Form; Squeeze Shoulders	Resistance Band Pull Apart
	A2. Standing Lateral DB Raises	4	10	1:2:1					—	Elbows Slightly Bent	DB Upright Rows
Superset	Kneeling One-Arm Shoulder Press	4	12	1:2:1	2 min.				—	Elbows Slightly Bent	Standing Arnold Press

Total Set Volume: 28

Total Training Time:

WEEK 5: DAY 6

Workout E: Chest/Biceps/Triceps

Exercise	Sets	Reps	Tempo	Rest	1	2	3	4	Notes	Alternate Exercise
<u>Spinal Rotations, Arm Crossovers & Circles</u>	2	12-15	N/A	30 sec.	—	—	—	—	Dynamic Stretches	N/A
<u>Barbell Bench Press</u> (2 Warm Up Sets)	4	8-10	1:2:1	2 min.					Strict Form; Squeeze Chest	DB Bench Press
<u>Incline Dumbbell Fly</u>	4	8-10	1:2:1	2 min.				—	Strict Form; Squeeze Chest	DB Bench Fly
<u>Incline Dumbbell Curls</u> (1 Warm Up Set)	4	10-12	1:3:2	2 min.				—	Squeeze Biceps	Standing Dumbbell Curls
<u>Triceps Kickbacks</u>	4	12-15	1:3:2	2 min.				—	Last Rep, Hold For 10 Seconds	DB Overhead Extensions
A1. <u>Standing Barbell Curls</u>	4	8-10	1:2:1	2 min.				—	Strict Form, Elbows Tucked In	Rope Curls
A2. <u>Rope Push Downs</u>	4	12	1:2:1					—	Brace Core; Squeeze Triceps	Diamond Pushups (Bench)
<u>Preacher Curls</u>	3	15	1:2:1	2 min.				—	Strict Form; Squeeze Biceps	DB Concentration Curls

Total Training Time:

WEIGHT TRAINING MADE SIMPLE

LEVEL II



WEIGHT TRAINING MADE SIMPLE 2.0

WEEK 6: DAY 1-2

Workout A: Glutes, Legs, & Calves

Exercise		Sets	Reps	Tempo	Rest	1	2	3	4	Notes	Alternate Exercise
<u>Lateral Band Walk, Leg Lifts & Swings</u>		2	15	1:2:1	30 sec.	—	—	—	—	Dynamic Stretches	N/A
<u>Banded Leg Press</u>		4	12	1:3:1	2 min.					Back Straight, Knees Slightly Bent	DB or BB Squats
<u>Deficit Reverse Lunges</u>		3	12	1:2:1	2 min.				—	Lower Yourself Down Slowly	Static Lunges
<u>Bent Leg Reverse Extensions (Bench)</u>		3	12	1:2:1	1 min.				—	Squeeze Glutes Each Rep	DB Romanian Deadlifts
<u>One-Legged Romanian Deadlifts</u>		3	10-12	1:1:3	2 min.					Squeeze Glutes Each Rep	DB or BB Romanian Deadlifts
Superset	A1. <u>Side Lying Hip Raises</u>	4	20	1:2:1	2 min.				—	Lean Forward / Squeeze Glutes	Seated Hip Abductions
	A2. <u>Banded Frog Pumps</u>	4	15	1:2:1					—	Squeeze Glutes	Frog Pumps w/o Band
	<u>DB Standing Calf Raises</u>	4	12	2:3:2	1 min.				—	Stretch / Squeeze Calves	Seated Calf Raises

Total Set Volume: 25

Total Training Time:

Workout B: Back/Shoulders

Exercise		Sets	Reps	Tempo	Rest	1	2	3	4	Notes	Alternate Exercise
<u>Spinal Rotations, Arm Crossovers & Circles</u>		2	12-15	N/A	30 sec.	—	—	—	—	Dynamic Stretches	N/A
<u>Standing Barbell Shoulder Press</u>		4	8-10	1:2:1	2 min.				—	Strict Form, Push W/ Shoulders	Seated Arnold Press
<u>Single-Handle Cable Lateral Raise</u>		3	12-15	1:2:1	2 min.				—	Focus/Squeeze Each Rep	One-Arm DB Lateral Raises
<u>Iso-Lateral Rows (Machine)</u>		4	8-10	1:2:1	2 min.					Focus On Pulling W/ Back	Dumbbell Rows
<u>Lat Pull-Down (Shoulder-Width)</u>		4	8-10	1:2:1	2 min.					Squeeze Mid-Back & Lats	Assisted Pull-Ups (Machine)
Superset	A1. <u>Barbell Upright Rows</u>	4	10	1:2:1	2 min.				—	Keep Elbows Level W/ Shoulders	Rope Upright Rows
	A2. <u>Standing Front Deltoid Raises</u>	4	10	1:2:1					—	Elbows Slightly Bent	Arnold Press
<u>Lower Back Extensions</u>		4	10-12	1:2:1	1 min.					Keep Back Straight	Supermans

Total Set Volume: 27

Total Training Time:

WEIGHT TRAINING MADE SIMPLE 2.0

WEEK 6: DAY 4-5

Workout C: Glutes, Legs, & Calves

		Exercise	Sets	Reps	Tempo	Rest	1	2	3	4	Notes	Alternate Exercise
		<u>Lateral Band Walk, Leg Lifts & Swings</u>	2	15	1:2:1	30 sec.	—	—	—	—	Dynamic Stretches	N/A
		<u>Bulgarian Split Squats</u>	4	12	1:2:1	2 min.					Focus Form; Squeeze Glutes	DB (Static) Lunges
		<u>Banded Barbell Hip Thrusts</u>	3	15	1:3:1	1 min.				—	Tuck Chin; Squeeze Glutes	No Band or Use Dumbbell
		<u>DB Walking Lunges</u>	3	20	1:1:1	2 min.				—	Focus Form	Static Lunges
		<u>Seated Hamstring Curls</u>	4	10-12	1:2:1	2 min.				—	Keep Hips Down	Good Mornings
Superset	A1. <u>Banded — Back Extensions W/ Weight</u>	4	15	1:3:1	2 min.						Keep Back Round	No Band or Supermans
	A2. <u>Banded Frog Pumps W/ Weight</u>	4	20	1:2:1							Tuck Chin; Squeeze Glutes	No Band or Use Floor
		<u>Single-Legged Calf Raises</u>	4	12	2:3:2	1 min.				—	Stretch Down; Up > Squeeze It	N/A

Total Set Volume: 26

Total Training Time:

Workout D: Back/Shoulders

		Exercise	Sets	Reps	Tempo	Rest	1	2	3	4	Notes	Alternate Exercise
		<u>Spinal Rotations, Arm Crossovers & Circles</u>	2	12-15	N/A	30 sec.	—	—	—	—	Dynamic Stretches	N/A
		<u>Barbell Deadlifts</u>	4	10	1:2:1	2 min.				—	Focus On Form; Squeeze Glutes	Lower Back Extensions
		<u>Dumbbell Rows</u>	4	10	1:2:1	2 min.					Focus On Form; Squeeze Back	Seated Rows
		<u>Lat Pull-Down (V-Bar or Narrow Grip)</u>	4	10-12	1:2:1	1 min.				—	Squeeze Each Rep; Stretch	Bent-Over DB Rear Fly
		<u>Front Deltoid Raises</u>	4	10-12	1:2:1	2 min.				—	Strict Form	Seated Shoulder DB Presses
Superset	A1. <u>Rear Pec Fly (Machine)</u>	4	10	1:2:1	2 min.					—	Strict Form; Squeeze Shoulders	Resistance Band Pull Aparts
	A2. <u>Standing Lateral DB Raises</u>	4	10	1:2:1						—	Elbows Slightly Bent	DB Upright Rows
		<u>Kneeling One-Arm Shoulder Press</u>	4	12	1:2:1	2 min.				—	Elbows Slightly Bent	Standing Arnold Press

Total Set Volume: 28

Total Training Time:

WEIGHT TRAINING MADE SIMPLE 2.0

WEEK 6: DAY 6

Workout E: Chest/Biceps/Triceps

Exercise		Sets	Reps	Tempo	Rest	1	2	3	4	Notes	Alternate Exercise
Spinal Rotations, Arm Crossovers & Circles		2	12-15	N/A	30 sec.	—	—	—	—	Dynamic Stretches	N/A
Barbell Bench Press (2 Warm Up Sets)		4	8-10	1:2:1	2 min.					Strict Form; Squeeze Chest	DB Bench Press
Incline Dumbbell Fly		4	8-10	1:2:1	2 min.				—	Strict Form; Squeeze Chest	DB Bench Fly
Incline Dumbbell Curls (1 Warm Up Set)		4	10-12	1:3:2	2 min.				—	Squeeze Biceps	Standing Dumbbell Curls
Triceps Kickbacks		4	12-15	1:3:2	2 min.				—	Last Rep, Hold For 10 Seconds	DB Overhead Extensions
Superset	A1. Standing Barbell Curls	4	8-10	1:2:1	2 min.				—	Strict Form, Elbows Tucked In	Rope Curls
	A2. Rope Push Downs	4	12	1:2:1					—	Brace Core; Squeeze Triceps	Diamond Pushups (Bench)
Preacher Curls		3	15	1:2:1	2 min.				—	Strict Form; Squeeze Biceps	DB Concentration Curls

Total Set Volume: 27

Total Training Time:

WEIGHT TRAINING MADE SIMPLE

LEVEL II



WEIGHT TRAINING MADE SIMPLE 2.0

WEEK 7: DAY 1-2

Workout A: Glutes, Legs, & Calves

		Exercise	Sets	Reps	Tempo	Rest	1	2	3	4	Notes	Alternate Exercise
		Lateral Band Walk, Leg Lifts & Swings	2	15	1:2:1	30 sec.	—	—	—	—	Dynamic Stretches	N/A
Superset	A1.	Banded Leg Press	4	12	1:3:1	2 min.					Back Straight, Knees Slightly Bent	DB or BB Squats
	A2.	Deficit Reverse Lunges	3	12	1:2:1					—	Lower Yourself Down Slowly	Static Lunges
Superset	B1.	Bent Leg Reverse Extensions (Bench)	3	12	1:2:1	1 min.					Squeeze Glutes Each Rep	DB Romanian Deadlifts
	B2.	One-Legged Romanian Deadlifts	3	10-12	1:1:3	2 min.					Squeeze Glutes Each Rep	DB or BB Romanian Deadlifts
Superset	C1.	Side Lying Hip Raises	4	20	1:2:1	2 min.				—	Lean Forward / Squeeze Glutes	Seated Hip Abductions
	C2.	Banded Frog Pumps	4	15	1:2:1					—	Squeeze Glutes	Frog Pumps w/o Band
		DB Standing Calf Raises	4	12	2:3:2	1 min.				—	Stretch / Squeeze Calves	Seated Calf Raises

Total Set Volume: 25

Total Training Time:

Workout B: Back/Shoulders

		Exercise	Sets	Reps	Tempo	Rest	1	2	3	4	Notes	Alternate Exercise
		Spinal Rotations, Arm Crossovers & Circles	2	12-15	N/A	30 sec.	—	—	—	—	Dynamic Stretches	N/A
Superset	A1.	Standing Barbell Shoulder Press	4	8-10	1:2:1	2 min.				—	Strict Form, Push W/ Shoulders	Seated Arnold Press
	A2.	Single-Handle Cable Lateral Raise	3	12-15	1:2:1	2 min.				—	Focus/Squeeze Each Rep	One-Arm DB Lateral Raises
Superset	B1.	Iso-Lateral Rows (Machine)	4	8-10	1:2:1	2 min.					Focus On Pulling W/ Back	Dumbbell Rows
	B2.	Lat Pull-Down (Shoulder-Width)	4	8-10	1:2:1	2 min.					Squeeze Mid-Back & Lats	Assisted Pull-Ups (Machine)
Superset	C1.	Barbell Upright Rows	4	10	1:2:1	2 min.				—	Keep Elbows Level W/ Shoulders	Rope Upright Rows
	C2.	Standing Front Deltoid Raises	4	10	1:2:1					—	Elbows Slightly Bent	Arnold Press
		Lower Back Extensions	4	10-12	1:2:1	1 min.					Keep Back Straight	Supermans

Total Set Volume: 27

Total Training Time:

WEIGHT TRAINING MADE SIMPLE 2.0

WEEK 7: DAY 4-5

Workout C: Glutes, Legs, & Calves

	Exercise	Sets	Reps	Tempo	Rest	1	2	3	4	Notes	Alternate Exercise
	Lateral Band Walk, Leg Lifts & Swings	2	15	1:2:1	30 sec.	—	—	—	—	Dynamic Stretches	N/A
	Bulgarian Split Squats	4	12	1:2:1	2 min.					Focus Form; Squeeze Glutes	DB (Static) Lunges
Superset	A1. Banded Barbell Hip Thrusts	3	15	1:3:1	1 min.				—	Tuck Chin; Squeeze Glutes	No Band or Use Dumbbell
	A2. DB Walking Lunges	3	20	1:1:1	2 min.				—	Focus Form	Static Lunges
	Seated Hamstring Curls	4	10-12	1:2:1	2 min.				—	Keep Hips Down	Good Mornings
Superset	B1. Banded — Back Extensions W/ Weight	4	15	1:3:1	2 min.					Keep Back Round	No Band or Supermans
	B2. Banded Frog Pumps W/ Weight	4	20	1:2:1						Tuck Chin; Squeeze Glutes	No Band or Use Floor
	Single-Legged Calf Raises	4	12	2:3:2	1 min.				—	Stretch Down; Up > Squeeze It	N/A

Total Set Volume: 26

Total Training Time:

Workout D: Back/Shoulders

	Exercise	Sets	Reps	Tempo	Rest	1	2	3	4	Notes	Alternate Exercise
	Spinal Rotations, Arm Crossovers & Circles	2	12-15	N/A	30 sec.	—	—	—	—	Dynamic Stretches	N/A
	Barbell Deadlifts	4	10	1:2:1	2 min.				—	Focus On Form; Squeeze Glutes	Lower Back Extensions
	Dumbbell Rows	4	10	1:2:1	2 min.					Focus On Form; Squeeze Back	Seated Rows
Superset	A1. Lat Pull-Down (V-Bar or Narrow Grip)	4	10-12	1:2:1	1 min.				—	Squeeze Each Rep; Stretch	Bent-Over DB Rear Fly
	A2. Front Deltoid Raises	4	10-12	1:2:1	2 min.				—	Strict Form	Seated Shoulder DB Presses
Superset	B1. Rear Pec Fly (Machine)	4	10	1:2:1	2 min.				—	Strict Form; Squeeze Shoulders	Resistance Band Pull Aparts
	B2. Standing Lateral DB Raises	4	10	1:2:1					—	Elbows Slightly Bent	DB Upright Rows
	Kneeling One-Arm Shoulder Press	4	12	1:2:1	2 min.				—	Elbows Slightly Bent	Standing Arnold Press

Total Set Volume: 28

Total Training Time:

WEIGHT TRAINING MADE SIMPLE 2.0

WEEK 7: DAY 6

Workout E: Chest/Biceps/Triceps

		Exercise	Sets	Reps	Tempo	Rest	1	2	3	4	Notes	Alternate Exercise
		Spinal Rotations, Arm Crossovers & Circles	2	12-15	N/A	30 sec.	—	—	—	—	Dynamic Stretches	N/A
		Barbell Bench Press (2 Warm Up Sets)	4	8-10	1:2:1	2 min.					Strict Form; Squeeze Chest	DB Bench Press
Superset	A1.	Incline Dumbbell Fly	4	8-10	1:2:1	2 min.				—	Strict Form; Squeeze Chest	DB Bench Fly
	A2.	Incline Dumbbell Curls	4	10-12	1:3:2	2 min.				—	Squeeze Biceps	Standing Dumbbell Curls
		Triceps Kickbacks	4	12-15	1:3:2	2 min.				—	Last Rep, Hold For 10 Seconds	DB Overhead Extensions
Superset	B1.	Standing Barbell Curls	4	8-10	1:2:1	2 min.				—	Strict Form, Elbows Tucked In	Rope Curls
	B2.	Rope Push Downs	4	12	1:2:1					—	Brace Core; Squeeze Triceps	Diamond Pushups (Bench)
		Preacher Curls	3	15	1:2:1	2 min.				—	Strict Form; Squeeze Biceps	DB Concentration Curls

Total Set Volume: 27

Total Training Time:

WEIGHT TRAINING MADE SIMPLE

LEVEL II



WEIGHT TRAINING MADE SIMPLE 2.0

WEEK 8: DAY 1-2

Workout A: Glutes, Legs, & Calves

		Exercise	Sets	Reps	Tempo	Rest	1	2	3	4	Notes	Alternate Exercise
		Lateral Band Walk, Leg Lifts & Swings	2	15	1:2:1	30 sec.	—	—	—	—	Dynamic Stretches	N/A
Superset	A1.	Banded Leg Press	4	12	1:3:1	2 min.					Back Straight, Knees Slightly Bent	DB or BB Squats
	A2.	Deficit Reverse Lunges	3	12	1:2:1					—	Lower Yourself Down Slowly	Static Lunges
Superset	B1.	Bent Leg Reverse Extensions (Bench)	3	12	1:2:1	1 min.					Squeeze Glutes Each Rep	DB Romanian Deadlifts
	B2.	One-Legged Romanian Deadlifts	3	10-12	1:1:3	2 min.					Squeeze Glutes Each Rep	DB or BB Romanian Deadlifts
Superset	C1.	Side Lying Hip Raises	4	20	1:2:1	2 min.					Lean Forward / Squeeze Glutes	Seated Hip Abductions
	C2.	Banded Frog Pumps	4	15	1:2:1						Squeeze Glutes	Frog Pumps w/o Band
		DB Standing Calf Raises	4	12	2:3:2	1 min.					Stretch / Squeeze Calves	Seated Calf Raises

Total Set Volume: 25

Total Training Time:

Workout B: Back/Shoulders

		Exercise	Sets	Reps	Tempo	Rest	1	2	3	4	Notes	Alternate Exercise
		Spinal Rotations, Arm Crossovers & Circles	2	12-15	N/A	30 sec.	—	—	—	—	Dynamic Stretches	N/A
Superset	A1.	Standing Barbell Shoulder Press	4	8-10	1:2:1	2 min.					Strict Form, Push W/ Shoulders	Seated Arnold Press
	A2.	Single-Handle Cable Lateral Raise	3	12-15	1:2:1	2 min.					Focus/Squeeze Each Rep	One-Arm DB Lateral Raises
Superset	B1.	Iso-Lateral Rows (Machine)	4	8-10	1:2:1	2 min.					Focus On Pulling W/ Back	Dumbbell Rows
	B2.	Lat Pull-Down (Shoulder-Width)	4	8-10	1:2:1	2 min.					Squeeze Mid-Back & Lats	Assisted Pull-Ups (Machine)
Superset	C1.	Barbell Upright Rows	4	10	1:2:1	2 min.					Keep Elbows Level W/ Shoulders	Rope Upright Rows
	C2.	Standing Front Deltoid Raises	4	10	1:2:1						Elbows Slightly Bent	Arnold Press
		Lower Back Extensions	4	10-12	1:2:1	1 min.					Keep Back Straight	Supermans

Total Set Volume: 27

Total Training Time:

WEIGHT TRAINING MADE SIMPLE 2.0

WEEK 8: DAY 4-5

Workout C: Glutes, Legs, & Calves

	Exercise	Sets	Reps	Tempo	Rest	1	2	3	4	Notes	Alternate Exercise
	Lateral Band Walk, Leg Lifts & Swings	2	15	1:2:1	30 sec.	—	—	—	—	Dynamic Stretches	N/A
	Bulgarian Split Squats	4	12	1:2:1	2 min.					Focus Form; Squeeze Glutes	DB (Static) Lunges
Superset	A1. Banded Barbell Hip Thrusts	3	15	1:3:1	1 min.				—	Tuck Chin; Squeeze Glutes	No Band or Use Dumbbell
	A2. DB Walking Lunges	3	20	1:1:1	2 min.				—	Focus Form	Static Lunges
	Seated Hamstring Curls	4	10-12	1:2:1	2 min.				—	Keep Hips Down	Good Mornings
Superset	B1. Banded — Back Extensions W/ Weight	4	15	1:3:1	2 min.					Keep Back Round	No Band or Supermans
	B2. Banded Frog Pumps W/ Weight	4	20	1:2:1						Tuck Chin; Squeeze Glutes	No Band or Use Floor
	Single-Legged Calf Raises	4	12	2:3:2	1 min.				—	Stretch Down; Up > Squeeze It	N/A

Total Set Volume: 26

Total Training Time:

Workout D: Back/Shoulders

	Exercise	Sets	Reps	Tempo	Rest	1	2	3	4	Notes	Alternate Exercise
	Spinal Rotations, Arm Crossovers & Circles	2	12-15	N/A	30 sec.	—	—	—	—	Dynamic Stretches	N/A
	Barbell Deadlifts	4	10	1:2:1	2 min.				—	Focus On Form; Squeeze Glutes	Lower Back Extensions
	Dumbbell Rows	4	10	1:2:1	2 min.					Focus On Form; Squeeze Back	Seated Rows
Superset	A1. Lat Pull-Down (V-Bar or Narrow Grip)	4	10-12	1:2:1	1 min.				—	Squeeze Each Rep; Stretch	Bent-Over DB Rear Fly
	A2. Front Deltoid Raises	4	10-12	1:2:1	2 min.				—	Strict Form	Seated Shoulder DB Presses
Superset	B1. Rear Pec Fly (Machine)	4	10	1:2:1	2 min.				—	Strict Form; Squeeze Shoulders	Resistance Band Pull Aparts
	B2. Standing Lateral DB Raises	4	10	1:2:1					—	Elbows Slightly Bent	DB Upright Rows
	Kneeling One-Arm Shoulder Press	4	12	1:2:1	2 min.				—	Elbows Slightly Bent	Standing Arnold Press

Total Set Volume: 28

Total Training Time:

WEIGHT TRAINING MADE SIMPLE 2.0

WEEK 8: DAY 6

Workout E: Chest/Biceps/Triceps

		Exercise	Sets	Reps	Tempo	Rest	1	2	3	4	Notes	Alternate Exercise
		Spinal Rotations, Arm Crossovers & Circles	2	12-15	N/A	30 sec.	—	—	—	—	Dynamic Stretches	N/A
		Barbell Bench Press (2 Warm Up Sets)	4	8-10	1:2:1	2 min.					Strict Form; Squeeze Chest	DB Bench Press
Superset	A1.	Incline Dumbbell Fly	4	8-10	1:2:1	2 min.				—	Strict Form; Squeeze Chest	DB Bench Fly
	A2.	Incline Dumbbell Curls	4	10-12	1:3:2	2 min.				—	Squeeze Biceps	Standing Dumbbell Curls
		Triceps Kickbacks	4	12-15	1:3:2	2 min.				—	Last Rep, Hold For 10 Seconds	DB Overhead Extensions
Superset	B1.	Standing Barbell Curls	4	8-10	1:2:1	2 min.				—	Strict Form, Elbows Tucked In	Rope Curls
	B2.	Rope Push Downs	4	12	1:2:1					—	Brace Core; Squeeze Triceps	Diamond Pushups (Bench)
		Preacher Curls	3	15	1:2:1	2 min.				—	Strict Form; Squeeze Biceps	DB Concentration Curls

Total Set Volume: 27

Total Training Time:

WEIGHT TRAINING MADE SIMPLE

LEVEL II



WEIGHT TRAINING MADE SIMPLE 2.0

WEEK 9: DAY 1-2

Workout A: Glutes, Legs, & Calves

	Exercise	Sets	Reps	Tempo	Rest	1	2	3	4	Notes	Alternate Exercise
	Lateral Band Walk, Leg Lifts & Swings	2	15	1:2:1	30 sec.	—	—	—	—	Dynamic Stretches	N/A
Superset	A1. Banded Leg Press	4	12	1:3:1	2 min.					Back Straight, Knees Slightly Bent	DB or BB Squats
	A2. Bulgarian Split Squats	3	12	1:2:1					—	Lower Yourself Down Slowly	Static Lunges
Superset	B1. Bent Leg Reverse Extensions (Bench)	3	12	1:2:1	1 min.				—	Squeeze Glutes Each Rep	DB Romanian Deadlifts
Superset	B2. Banded Frog Pumps W/ Weight	3	10-12	1:1:3	2 min.					Squeeze Glutes Each Rep	DB or BB Romanian Deadlifts
Superset	C1. Side Lying Hip Raises	4	20	1:2:1	2 min.				—	Lean Forward / Squeeze Glutes	Seated Hip Abductions
	C2. Banded Frog Pumps	4	15	1:2:1					—	Squeeze Glutes	Frog Pumps w/o Band
	DB Standing Calf Raises	4	12	2:3:2	1 min.				—	Stretch / Squeeze Calves	Seated Calf Raises

Total Set Volume: 25

Total Training Time:

Workout B: Back/Shoulders

	Exercise	Sets	Reps	Tempo	Rest	1	2	3	4	Notes	Alternate Exercise
	Spinal Rotations, Arm Crossovers & Circles	2	12-15	N/A	30 sec.	—	—	—	—	Dynamic Stretches	N/A
Superset	A1. Standing Barbell Shoulder Press	4	8-10	1:2:1	2 min.				—	Strict Form, Push W/ Shoulders	Seated Arnold Press
	A2. Single-Handle Cable Lateral Raise	3	12-15	1:2:1	2 min.				—	Focus/Squeeze Each Rep	One-Arm DB Lateral Raises
Superset	B1. Iso-Lateral Rows (Machine)	4	8-10	1:2:1	2 min.					Focus On Pulling W/ Back	Dumbbell Rows
Superset	B2. Lat Pull-Down (Shoulder-Width)	4	8-10	1:2:1	2 min.					Squeeze Mid-Back & Lats	Assisted Pull-Ups (Machine)
Superset	C1. Standing Lateral DB Raises	4	10	1:2:1	2 min.				—	Keep Elbows Level W/ Shoulders	Rope Upright Rows
	C2. Front Deltoid Raises	4	10	1:2:1					—	Elbows Slightly Bent	Arnold Press
	Dumbbell Rows	4	10-12	1:2:1	1 min.					Keep Back Straight	Supermans

Total Set Volume: 27

Total Training Time:

WEIGHT TRAINING MADE SIMPLE 2.0

WEEK 9: DAY 4-5

Workout C: Glutes, Legs, & Calves

		Exercise	Sets	Reps	Tempo	Rest	1	2	3	4	Notes	Alternate Exercise
		Lateral Band Walk, Leg Lifts & Swings	2	15	1:2:1	30 sec.	—	—	—	—	Dynamic Stretches	N/A
		Bulgarian Split Squats	4	12	1:2:1	2 min.					Focus Form; Squeeze Glutes	DB (Static) Lunges
Superset	A1.	Deficit Reverse Lunges	3	15	1:3:1	1 min.				—	Tuck Chin; Squeeze Glutes	No Band or Use Dumbbell
	A2.	DB Walking Lunges	3	20	1:1:1	2 min.				—	Focus Form	Static Lunges
		Seated Hamstring Curls	4	10-12	1:2:1	2 min.				—	Keep Hips Down	Good Mornings
Superset	B1.	Banded — Back Extensions W/ Weight	4	15	1:3:1	2 min.					Keep Back Round	No Band or Supermans
	B2.	One-Legged Romanian Deadlifts	4	20	1:2:1						Tuck Chin; Squeeze Glutes	No Band or Use Floor
		Single-Legged Calf Raises	4	12	2:3:2	1 min.				—	Stretch Down; Up > Squeeze It	N/A

Total Set Volume: 26

Total Training Time:

Workout D: Back/Shoulders

		Exercise	Sets	Reps	Tempo	Rest	1	2	3	4	Notes	Alternate Exercise
		Spinal Rotations, Arm Crossovers & Circles	2	12-15	N/A	30 sec.	—	—	—	—	Dynamic Stretches	N/A
		Barbell Deadlifts	4	10	1:2:1	2 min.				—	Focus On Form; Squeeze Glutes	Lower Back Extensions
		Lower Back Extensions	4	10	1:2:1	2 min.					Focus On Form; Squeeze Back	Seated Rows
Superset	A1.	Lat Pull-Down (V-Bar or Narrow Grip)	4	10-12	1:2:1	1 min.				—	Squeeze Each Rep; Stretch	Bent-Over DB Rear Fly
	A2.	Front Deltoid Raises	4	10-12	1:2:1	2 min.				—	Strict Form	Seated Shoulder DB Presses
Superset	B1.	Rear Pec Fly (Machine)	4	10	1:2:1	2 min.				—	Strict Form; Squeeze Shoulders	Resistance Band Pull Aparts
	B2.	Barbell Upright Rows	4	10	1:2:1					—	Elbows Slightly Bent	DB Upright Rows
		Kneeling One-Arm Shoulder Press	4	12	1:2:1	2 min.				—	Elbows Slightly Bent	Standing Arnold Press

Total Set Volume: 28

Total Training Time:

WEIGHT TRAINING MADE SIMPLE 2.0

WEEK 8: DAY 6

Workout E: Chest/Biceps/Triceps

		Exercise	Sets	Reps	Tempo	Rest	1	2	3	4	Notes	Alternate Exercise
		Spinal Rotations, Arm Crossovers & Circles	2	12-15	N/A	30 sec.	—	—	—	—	Dynamic Stretches	N/A
		Incline Bench Press (2 Warm Up Sets)	4	8-10	1:2:1	2 min.					Strict Form; Squeeze Chest	DB Bench Press
Superset	A1.	Bench Dumbbell Fly	4	8-10	1:2:1	2 min.				—	Strict Form; Squeeze Chest	DB Bench Fly
	A2.	Incline Dumbbell Curls	4	10-12	1:3:2	2 min.				—	Squeeze Biceps	Standing Dumbbell Curls
		Triceps Kickbacks	4	12-15	1:3:2	2 min.				—	Last Rep, Hold For 10 Seconds	DB Overhead Extensions
Superset	B1.	Standing Barbell Curls	4	8-10	1:2:1	2 min.				—	Strict Form, Elbows Tucked In	Rope Curls
	B2.	Rope Push Downs	4	12	1:2:1					—	Brace Core; Squeeze Triceps	Diamond Pushups (Bench)
		Preacher Curls	3	15	1:2:1	2 min.				—	Strict Form; Squeeze Biceps	DB Concentration Curls

Total Set Volume: 27

Total Training Time:

WEIGHT TRAINING MADE SIMPLE

LEVEL II



WEIGHT TRAINING MADE SIMPLE 2.0

WEEK 10: DAY 1-2

Workout A: Glutes, Legs, & Calves

	Exercise	Sets	Reps	Tempo	Rest	1	2	3	4	Notes	Alternate Exercise
	<u>Lateral Band Walk, Leg Lifts & Swings</u>	2	15	1:2:1	30 sec.	—	—	—	—	Dynamic Stretches	N/A
Superset	A1. <u>Banded Leg Press</u>	4	12	1:3:1	2 min.					Back Straight, Knees Slightly Bent	DB or BB Squats
	A2. <u>Bulgarian Split Squats</u>	3	12	1:2:1					—	Lower Yourself Down Slowly	Static Lunges
Superset	B1. <u>Bent Leg Reverse Extensions (Bench)</u>	3	12	1:2:1	1 min.				—	Squeeze Glutes Each Rep	DB Romanian Deadlifts
	B2. <u>Banded Frog Pumps W/ Weight</u>	3	10-12	1:1:3	2 min.					Squeeze Glutes Each Rep	DB or BB Romanian Deadlifts
Superset	C1. <u>Side Lying Hip Raises</u>	4	20	1:2:1	2 min.				—	Lean Forward / Squeeze Glutes	Seated Hip Abductions
	C2. <u>Banded Frog Pumps</u>	4	15	1:2:1					—	Squeeze Glutes	Frog Pumps w/o Band
	<u>DB Standing Calf Raises</u>	4	12	2:3:2	1 min.				—	Stretch / Squeeze Calves	Seated Calf Raises

Total Set Volume: 25

Total Training Time:

Workout B: Back/Shoulders

	Exercise	Sets	Reps	Tempo	Rest	1	2	3	4	Notes	Alternate Exercise
	Spinal Rotations, Arm Crossovers & Circles	2	12-15	N/A	30 sec.	—	—	—	—	Dynamic Stretches	N/A
Superset	A1. Standing Barbell Shoulder Press	4	8-10	1:2:1	2 min.				—	Strict Form, Push W/ Shoulders	Seated Arnold Press
	A2. Single-Handle Cable Lateral Raise	3	12-15	1:2:1	2 min.				—	Focus/Squeeze Each Rep	One-Arm DB Lateral Raises
Superset	B1. Iso-Lateral Rows (Machine)	4	8-10	1:2:1	2 min.					Focus On Pulling W/ Back	Dumbbell Rows
	B2. Lat Pull-Down (Shoulder-Width)	4	8-10	1:2:1	2 min.					Squeeze Mid-Back & Lats	Assisted Pull-Ups (Machine)
Superset	C1. Standing Lateral DB Raises	4	10	1:2:1	2 min.				—	Keep Elbows Level W/ Shoulders	Rope Upright Rows
	C2. Front Deltoid Raises	4	10	1:2:1					—	Elbows Slightly Bent	Arnold Press
	Dumbbell Rows	4	10-12	1:2:1	1 min.					Keep Back Straight	Supermans

Total Set Volume: 27

Total Training Time:

WEIGHT TRAINING MADE SIMPLE 2.0

WEEK 10: DAY 4-5

Workout C: Glutes, Legs, & Calves

	Exercise	Sets	Reps	Tempo	Rest	1	2	3	4	Notes	Alternate Exercise
	Lateral Band Walk, Leg Lifts & Swings	2	15	1:2:1	30 sec.	—	—	—	—	Dynamic Stretches	N/A
	Bulgarian Split Squats	4	12	1:2:1	2 min.					Focus Form; Squeeze Glutes	DB (Static) Lunges
Superset	A1. Deficit Reverse Lunges	3	15	1:3:1	1 min.				—	Tuck Chin; Squeeze Glutes	No Band or Use Dumbbell
	A2. DB Walking Lunges	3	20	1:1:1	2 min.				—	Focus Form	Static Lunges
	Seated Hamstring Curls	4	10-12	1:2:1	2 min.				—	Keep Hips Down	Good Mornings
Superset	B1. Banded — Back Extensions W/ Weight	4	15	1:3:1	2 min.					Keep Back Round	No Band or Supermans
	B2. One-Legged Romanian Deadlifts	4	20	1:2:1						Tuck Chin; Squeeze Glutes	No Band or Use Floor
	Single-Legged Calf Raises	4	12	2:3:2	1 min.				—	Stretch Down; Up > Squeeze It	N/A

Total Set Volume: 26

Total Training Time:

Workout D: Back/Shoulders

	Exercise	Sets	Reps	Tempo	Rest	1	2	3	4	Notes	Alternate Exercise
	Spinal Rotations, Arm Crossovers & Circles	2	12-15	N/A	30 sec.	—	—	—	—	Dynamic Stretches	N/A
	Barbell Deadlifts	4	10	1:2:1	2 min.				—	Focus On Form; Squeeze Glutes	Lower Back Extensions
	Lower Back Extensions	4	10	1:2:1	2 min.					Focus On Form; Squeeze Back	Seated Rows
Superset	A1. Lat Pull-Down (V-Bar or Narrow Grip)	4	10-12	1:2:1	1 min.				—	Squeeze Each Rep; Stretch	Bent-Over DB Rear Fly
	A2. Front Deltoid Raises	4	10-12	1:2:1	2 min.				—	Strict Form	Seated Shoulder DB Presses
Superset	B1. Rear Pec Fly (Machine)	4	10	1:2:1	2 min.				—	Strict Form; Squeeze Shoulders	Resistance Band Pull Aparts
	B2. Barbell Upright Rows	4	10	1:2:1					—	Elbows Slightly Bent	DB Upright Rows
	Kneeling One-Arm Shoulder Press	4	12	1:2:1	2 min.				—	Elbows Slightly Bent	Standing Arnold Press

Total Set Volume: 28

Total Training Time:

WEIGHT TRAINING MADE SIMPLE 2.0

WEEK 8: DAY 6

Workout E: Chest/Biceps/Triceps

		Exercise	Sets	Reps	Tempo	Rest	1	2	3	4	Notes	Alternate Exercise
		<u>Spinal Rotations, Arm Crossovers & Circles</u>	2	12-15	N/A	30 sec.	—	—	—	—	Dynamic Stretches	N/A
		<u>Incline Bench Press</u> (2 Warm Up Sets)	4	8-10	1:2:1	2 min.					Strict Form; Squeeze Chest	DB Bench Press
Superset	A1.	<u>Bench Dumbbell Fly</u>	4	8-10	1:2:1	2 min.				—	Strict Form; Squeeze Chest	DB Bench Fly
	A2.	<u>Incline Dumbbell Curls</u>	4	10-12	1:3:2	2 min.				—	Squeeze Biceps	Standing Dumbbell Curls
		<u>Triceps Kickbacks</u>	4	12-15	1:3:2	2 min.				—	Last Rep, Hold For 10 Seconds	DB Overhead Extensions
Superset	B1.	<u>Standing Barbell Curls</u>	4	8-10	1:2:1	2 min.				—	Strict Form, Elbows Tucked In	Rope Curls
	B2.	<u>Rope Push Downs</u>	4	12	1:2:1					—	Brace Core; Squeeze Triceps	Diamond Pushups (Bench)
		<u>Preacher Curls</u>	3	15	1:2:1	2 min.				—	Strict Form; Squeeze Biceps	DB Concentration Curls

Total Set Volume: 27

Total Training Time: