

WEEK: / - /

Workout Cycle: CHARLIE

MONDAY		SET 1,3 Lbs Rep	SET 2,4 Lbs Rep	LOWER BODY	SET 1,3 Lbs Rep	SET 2,4 Lbs Rep	TUESDAY	Intervals	Time
Barbell Good Morning (3 sets , 5-7reps)							Treadmill		
Barbell Hack Squat (3 sets , 5-7reps)							30 high/90 low		
Stiff-Leg Deadlift (2 sets , 5-7reps)							10 intervals		
Overhead Dumbbell Squat (2 sets / side , 5-7reps)									
Machine Leg Press (2 sets/leg , 5-7reps)									
				Warm Up/ Cool Down					
WEDNESDAY		SET 1,3 Lbs Rep	SET 2,4 Lbs Rep	UPPER BODY	SET 1,3 Lbs Rep	SET 2,4 Lbs Rep	THURSDAY	Intervals	Time
Pullup (1 set , 5-7reps)				Bench Press- Narrow Grip (2 sets , 5-7reps)			Treadmill		
Chinup (1 set , 5-7reps)							60 high/60 low		
Chinup: Switch-grip (1 set / grip , 5-7reps)							10 intervals		
Alter. Dbell Incline Press Underhand (1 set , 5-7reps)									
Alter. Dbell Incline Press Overhand (2 set , 5-7reps)									
Barbell Clean (2 sets , 5-7reps)									
Alter. Dbell Shldr Press on Swiss Ball (2 sets , 5-7reps)									
Alter. Dbell Curl on Swiss Ball (2 sets , 5-7reps)				Warm Up/ Cool Down					
FRIDAY		SET 1,3 Lbs Rep	SET 2,4 Lbs Rep	TOTAL BODY	SET 1,3 Lbs Rep	SET 2,4 Lbs Rep	WEEKEND	Intervals	Time
Suitcase Deadlift (3 sets , 8-10reps)							Treadmill		
Dbell Ovrhead Walk Lunge (3 sets , 8-10reps)							90 high/180 low		
Push Press (3 sets , 8-10reps)							5 intervals		
Bent over Barbell Row (3 sets , 8-10reps)									
Bridge (2 sets, 30 seconds)									
Side Bridge (2 sets/side, 30 seconds)									
				Warm Up/ Cool Down					