

WEEK: / - /

Workout Cycle: DELTA

MON (any 6)		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 or Machine Squat (2 sets , 5-7reps)				Machine Leg Curl (2 sets , 5-7reps)			Interval Training		
Barbell Deadlift (3 sets , 5-7reps)				 Sumo Squat (2 sets , 5-7reps)			60/60		
Dumbbell Walking Lunge (2 sets / side , 5-7reps)				One legged cable kickback (2 sets , 5-7reps)					
1-leg Swiss Ball Leg Curl (2 sets/leg , 5-7reps)				One legged cable kickout (2 sets , 5-7reps)					
Dumbbell Step-up (2 sets , 5-7reps)				One legged cable kickup (2 sets , 5-7reps)					
Seat/Bbell/Mchn Calf Raise (3 sets , 8-10 reps)				Back Hyperextensions (2 sets , 10-12reps)					
Machine Leg Press (2 sets , 5-7reps)									
Machine Lex Extension (2 sets , 5-7reps)				Warm Up/ Cool Down					
WED (any 6)		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
Seated or T-bar Row (2 sets , 5-7reps)				Parallel Bar Dip (2 sets , 5-7reps)			Endurance Training		
Bench Press- Normal Grip (2 sets , 5-7reps)				Lat Pulldown (2 set , 5-7reps)					
Bench Press- Narrow Grip (2 sets , 5-7reps)				Lateral/Forward Raise (2 set , 5-7reps)					
Pullup / Chinup / OverUnder (2 sets , 5-7reps)				Upright Rows (2 set , 5-7reps)					
Shoulder Press (2 sets , 5-7reps)				Standing/Seated shrugs (2 set , 5-7reps)					
Dumbbell/Barbell Biceps Curl (2 sets/arm , 5-7reps)				Triceps extension (2 set , 5-7reps)					
Alter. Dbell Incline Press (Und/Over set , 5-7reps)				Back Hyperextensions (2 sets , 10-12reps)					
				Warm Up/ Cool Down					
FRIDAY (any 3)		SET 1,3 Lbs Rep	SET 2,4 Lbs Rep	FRIDAY (any 3)	SET 1,3 Lbs Rep	SET 2,4 Lbs Rep	WEEKEND	Intervals	Time
Std/Swiss inc/dec Pushups (1 set each (all 3), X reps)				Hindu/Standard/Horse Squat (2 sets, X reps)			Flexibility Training		
Crunches (2 sets, X reps)				Plank (2 sets, 30 seconds)					
Hindu Pushup (2 sets, X reps)				Side Plank (2 sets/side, 30 seconds)					
Wood Chop (medicine ball) (2 sets, X reps)				Single Leg Squat (bench) (1 sets, X reps)					
Burpee (1 sets X reps)				Swiss Ball Leg Curl (2 sets, X Reps)					
Inverted Row (smith machine) (2 sets X reps)				Mountain Climber (2 sets X reps)					
Explosive Ball Exchange (1 sets X reps)				Leg raises (2 sets X reps)					
Superman Plank (2 sets , 15 secs/side)				Warm Up/ Cool Down					