

WEEK: / - /

Workout Cycle: FOXTROT

MON (any 7)		SET 1,3 Lbs   Rep	SET 2,4 Lbs   Rep	LOWER BODY	SET 1,3 Lbs   Rep	SET 2,4 Lbs   Rep	MON (any 7)	SET 1,3 Lbs   Rep	SET 2,4 Lbs   Rep
Barbell or Hack Squat (3 sets , 5-7reps)				Suitcase Deadlift (2 sets , 5-7reps)			Machine Leg Extension (2 sets , 5-7reps)		
Barbell Deadlift (3 sets , 5-7reps)				Sumo Squat (2 sets , 5-7reps)			Machine Glute Press (2 sets , 5-7reps)		
Dumbbell Lunge (2 sets / side , 5-7reps)				One legged cable kickback (2 sets , 5-7reps)			Machine Leg Curl (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)					
Bulgarian Split Squat (2 sets , 5-7reps)				Overhead Dumbbell Squat (2 sets , 10-12reps)					
Dbell Overhead Walk Lunge (2 sets , 5-7reps)				Machine Leg Press (2 sets , 5-7reps)			Warm Up/ Cool Down		
WED (any 7)		SET 1,3 Lbs   Rep	SET 2,4 Lbs   Rep	UPPER BODY	SET 1,3 Lbs   Rep	SET 2,4 Lbs   Rep	WED (any 7)	SET 1,3 Lbs   Rep	SET 2,4 Lbs   Rep
Seated/T-bar/BO Row (2 sets , 5-7reps)				Parallel Bar Dip (2 sets , 5-7reps)			Barbell Pullovers (2 sets , 5-7reps)		
Bench Press- Any Grip (3 sets , 5-7reps)				Bent over Lateral raise (2 set , 5-7reps)			Behind Neck Lat Pulldowns (2 set , 5-7reps)		
Standing Bbell Ovrhead Press (2 sets , 5-7reps)				Upright Rows (2 set , 5-7reps)			One-Arm Cable Pull-Upward (3 set , 5-7reps)		
Pullup / Chinup / NeutralGrip (2 sets , 5-7reps)				Standing/Seated shrugs (2 set , 5-7reps)			One-Arm Cable Pull-Downward (3 set , 5-7reps)		
Shoulder Press (2 sets , 5-7reps)				Triceps press / extension (2 set , 5-7reps)			Cable Pull down to side/back (3 set , 5-7reps)		
Dumbbell/Barbell Biceps Curl (3 sets/arm , 5-7reps)				Cable crossovers (3 sets , 5-10reps)			Decline Press (2 sets , 5-7reps)		
Alter. Dbell Incline Press (Und/Over set , 5-7reps)				Upward Cable Crossovers (3 set , 5-10reps)			Warm Up/ Cool Down		
Dumbbell Fly (Und/Over set , 5-7reps)				Dumbbell Fly (2 sets , 5-7reps)					
FRIDAY (any 7)		SET 1,3 Lbs   Rep	SET 2,4 Lbs   Rep	BODYWEIGHT CAL	SET 1,3 Lbs   Rep	SET 2,4 Lbs   Rep	FRIDAY (any 7)	SET 1,3 Lbs   Rep	SET 2,4 Lbs   Rep
Any Style Pushups (1 set each (all 3), X reps)				Hindu/Standard/Horse Squat (2 sets, X reps)			Burpee (2 sets, X reps)		
Any Style Crunches (2 sets, X reps)				Plank (2 sets, 30 seconds)			Jumprope		
Swiss Ball Knee tuck (2 sets, X reps)				Side Plank (2 sets/side, 30 seconds)			Punching Bag		
Wood Chop (medicine ball) (2 sets, X reps)				1 Leg over the Line jumps (1 sets, X reps)			Warm Up/ Cool Down		
Squat Jump (2 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)			<b>TUESDAY</b> Intervals		
Ball Exchange (1 sets X reps)				Leg raises (2 sets X reps)			<b>THURSDAY</b> Endurance		
Superman Raises (2 sets , 15 secs/side)				Hindu Pushup (2 sets X reps)			<b>WEEKEND</b> Flexibility		