

FUNCTIONAL BODYBUILDING



MONDAY

Strict Pull-Ups: 4 x 8
Barbell Bench Press: 3 x 10
Single-Arm Dumbbell Rows:
3 x 12 (each arm)
Push Press: 3 x 8
Face Pulls: 3 x 15

TUESDAY

Back Squats: 4 x 8
Romanian Deadlifts: 3 x 10
Front Lunges: 3 x 12 (each leg)
Glute Bridges: 3 x 15
Seated Calf Raises: 4 x 15

WEDNESDAY

Turkish Get-Ups: 3 x 6 (each
side)
Medicine Ball Slams: 3 x 12
Plank Variations: 3 x 30
seconds each (front, side,
side)
Hanging Leg Raises: 3 x 15
Farmer's Walk: 4 x 50 feet

THURSDAY

Incline Dumbbell Press: 4 x
10
Bent-Over Rows: 3 x 12
Dumbbell Lateral Raises: 3 x
15
Tricep Dips: 3 x 12
Hammer Curls: 4 x 10

FRIDAY

Sumo Deadlifts: 4 x 8
Leg Press: 3 x 12
Bulgarian Split Squats: 3 x
10 (each leg)
Leg Extensions: 3 x 15
Standing Calf Raises: 4 x 15

SATURDAY

Box Jumps: 3 x 10
Kettlebell Swings: 3 x 15
Plyometric Push-Ups: 3 x 12
Speed Squats: 4 x 10
Agility Ladder Drills: 15
minutes

SUNDAY

Rest



AESTHETIC FOCUS



MONDAY

Barbell Bench Press: 4 x 8
Incline Dumbbell Flyes: 3 x 10
Cable Crossover: 3 x 12
Tricep Rope Pushdown: 3 x 15
Tricep Dips: 4 x 12

TUESDAY

Deadlifts: 4 x 6
Lat Pulldowns: 3 x 10
Seated Cable Rows: 4 x 8
Barbell Curl: 3 x 12
Hammer Curls: 3 x 15

WEDNESDAY

Squats: 4 x 8
Leg Press: 3 x 12
Walking Lunges: 3 x 10 (each leg)
Leg Extensions: 3 x 15
Standing Calf Raises: 4 x 15

THURSDAY

Seated Dumbbell Press: 4 x 10
Side Lateral Raises: 3 x 12
Face Pulls: 3 x 15
Russian Twists: 3 x 20 (each side)
Hanging Leg Raises: 4 x 12

FRIDAY

Preacher Curls: 4 x 10
Concentration Curls: 3 x 12
Skull Crushers: 3 x 15
Tricep Kickbacks: 3 x 12
Dumbbell Hammer Curls: 4 x 12

SATURDAY

Arnold Press: 3 x 12
Pull-Ups: 4 x max reps
Front Squats: 3 x 10
Plank: 3 x 30 seconds
Hyperextensions: 3 x 15

SUNDAY

Rest



COMPOUNDS + AUXILIARY WORK



MONDAY

Barbell Bench Press: 4 x 8
Incline Dumbbell Flyes: 3 x 10
Cable Crossover: 3 x 12
Tricep Rope Pushdown: 3 x 15
Tricep Dips: 4 x 12

TUESDAY

Deadlifts: 4 x 6
Lat Pulldowns: 3 x 10
Seated Cable Rows: 4 x 8
Barbell Curl: 3 x 12
Hammer Curls: 3 x 15

WEDNESDAY

Squats: 4 x 8
Leg Press: 3 x 12
Walking Lunges: 3 x 10 (each leg)
Leg Extensions: 3 x 15
Standing Calf Raises: 4 x 15

THURSDAY

Seated Dumbbell Press: 4 x 10
Side Lateral Raises: 3 x 12
Face Pulls: 3 x 15
Russian Twists: 3 x 20 (each side)
Hanging Leg Raises: 4 x 12

FRIDAY

Preacher Curls: 4 x 10
Concentration Curls: 3 x 12
Skull Crushers: 3 x 15
Tricep Kickbacks: 3 x 12
Dumbbell Hammer Curls: 4 x 12

SATURDAY

Arnold Press: 3 x 12
Pull-Ups: 4 x max reps
Front Squats: 3 x 10
Plank: 3 x 30 seconds
Hyperextensions: 3 x 15

SUNDAY

Rest



HYBRID ATHLETE



MONDAY

Barbell Bench Press: 4 x 8
Incline Dumbbell Flyes: 3 x 10
Cable Crossover: 3 x 12
Tricep Rope Pushdown: 3 x 15
Tricep Dips: 4 x 12

TUESDAY

Deadlifts: 4 x 6
Lat Pulldowns: 3 x 10
Seated Cable Rows: 4 x 8
Barbell Curl: 3 x 12
Hammer Curls: 3 x 15

WEDNESDAY

Squats: 4 x 8
Leg Press: 3 x 12
Walking Lunges: 3 x 10 (each leg)
Leg Extensions: 3 x 15
Standing Calf Raises: 4 x 15

THURSDAY

Seated Dumbbell Press: 4 x 10
Side Lateral Raises: 3 x 12
Face Pulls: 3 x 15
Russian Twists: 3 x 20 (each side)
Hanging Leg Raises: 4 x 12

FRIDAY

Preacher Curls: 4 x 10
Concentration Curls: 3 x 12
Skull Crushers: 3 x 15
Tricep Kickbacks: 3 x 12
Dumbbell Hammer Curls: 4 x 12

SATURDAY

Arnold Press: 3 x 12
Pull-Ups: 4 x max reps
Front Squats: 3 x 10
Plank: 3 x 30 seconds
Hyperextensions: 3 x 15

SUNDAY

Rest



PROGRESSIVE OVERLOAD STRENGTH TRAINING



MONDAY

Barbell Bench Press: 5 x 5
Bent-Over Rows: 4 x 6
Overhead Press: 4 x 5
Pull-Ups: 3 x max reps
Tricep Dips: 3 x 8

TUESDAY

Back Squats: 5 x 5
Deadlifts: 4 x 6
Front Lunges: 3 x 8 (each leg)
Leg Press: 4 x 8
Standing Calf Raises: 4 x 12

WEDNESDAY

Rest

THURSDAY

Incline Dumbbell Press: 4 x 10
Barbell Rows: 4 x 10
Seated Shoulder Press: 3 x 12
Tricep Rope Pushdown: 3 x 12
Hammer Curls: 4 x 10

FRIDAY

Sumo Deadlifts: 5 x 5
Leg Extensions: 3 x 12
Bulgarian Split Squats: 4 x 8 (each leg)
Leg Curls: 3 x 10
Seated Calf Raises: 4 x 15

SATURDAY

Dumbbell Flyes: 3 x 12
Lat Pulldowns: 3 x 12
Lateral Raises: 3 x 12
Tricep Kickbacks: 3 x 15
Barbell Curl: 3 x 12

SUNDAY

Rest



HIGH-VOLUME HYPERTROPHY TRAINING



MONDAY

Barbell Bench Press: 4 x 12
Incline Dumbbell Flyes: 4 x 15
Cable Crossover: 4 x 12
Tricep Rope Pushdown: 4 x 15
Tricep Dips: 3 x 12

TUESDAY

Deadlifts: 4 x 10
Lat Pulldowns: 4 x 12
Seated Cable Rows: 4 x 15
Barbell Curl: 3 x 12
Hammer Curls: 3 x 15

WEDNESDAY

Rest

THURSDAY

Squats: 4 x 12
Leg Press: 4 x 15
Walking Lunges: 3 x 12
(each leg)
Leg Extensions: 4 x 15
Standing Calf Raises: 3 x 20

FRIDAY

Seated Dumbbell Press: 4 x 15
Lateral Raises: 4 x 12
Face Pulls: 3 x 15
Russian Twists: 3 x 20 (each side)
Hanging Leg Raises: 4 x 12

SATURDAY

Preacher Curls: 4 x 12
Concentration Curls: 4 x 15
Skull Crushers: 3 x 12
Tricep Kickbacks: 3 x 15
Dumbbell Hammer Curls: 3 x 12

SUNDAY

Rest



FULL-BODY STRENGTH TRAINING



MONDAY

Barbell Bench Press: 4 x 6
Bent-Over Rows: 4 x 8
Overhead Press: 3 x 10
Pull-Ups: 3 x max reps
Tricep Dips: 3 x 12

TUESDAY

Back Squats: 4 x 6
Deadlifts: 4 x 6
Front Lunges: 3 x 10 (each leg)
Leg Press: 3 x 12
Standing Calf Raises: 4 x 15

WEDNESDAY

Rest

THURSDAY

Incline Dumbbell Press: 4 x 8
Barbell Rows: 4 x 8
Seated Shoulder Press: 3 x 10
Tricep Rope Pushdown: 3 x 12
Hammer Curls: 3 x 15

FRIDAY

Sumo Deadlifts: 4 x 6
Leg Extensions: 3 x 12
Bulgarian Split Squats: 3 x 8 (each leg)
Leg Curls: 3 x 10
Seated Calf Raises: 4 x 15

SATURDAY

Dumbbell Flyes: 3 x 12
Lat Pulldowns: 3 x 12
Lateral Raises: 3 x 12
Tricep Kickbacks: 3 x 15
Barbell Curl: 3 x 12

SUNDAY

Rest



POWERBUILDING FOR MASS



MONDAY

Bench Press: 5 x 5
Bent-Over Rows: 4 x 6
Overhead Press: 4 x 5
Pull-Ups: 3 x max reps
Tricep Dips: 3 x 8

TUESDAY

Squats: 5 x 5
Deadlifts: 4 x 6
Front Lunges: 3 x 8 (each leg)
Leg Press: 4 x 8
Standing Calf Raises: 4 x 12

WEDNESDAY

Rest

THURSDAY

Incline Dumbbell Press: 4 x 10
Barbell Rows: 4 x 10
Seated Shoulder Press: 3 x 12
Tricep Rope Pushdown: 3 x 12
Hammer Curls: 4 x 10

FRIDAY

Sumo Deadlifts: 4 x 8
Leg Extensions: 3 x 12
Bulgarian Split Squats: 3 x 10 (each leg)
Leg Curls: 3 x 10
Seated Calf Raises: 4 x 15

SATURDAY

Dumbbell Flyes: 3 x 12
Lat Pulldowns: 3 x 12
Lateral Raises: 3 x 12
Tricep Kickbacks: 3 x 15
Barbell Curl: 3 x 12

SUNDAY

Rest



BODYBUILDING WITH A FOCUS ON COMPOUND MOVEMENTS



MONDAY

Barbell Bench Press: 4 x 8
Incline Dumbbell Press: 3 x 10
Weighted Dips: 3 x 12
Cable Crossover: 3 x 15
Close-Grip Bench Press: 4 x 10

TUESDAY

Deadlifts: 4 x 6
Bent-Over Rows: 3 x 8
Weighted Pull-Ups: 4 x max reps
Face Pulls: 3 x 15
Barbell Curl: 3 x 12

WEDNESDAY

Rest

THURSDAY

Squats: 4 x 8
Romanian Deadlifts: 3 x 10
Leg Press: 4 x 12
Lunges: 3 x 15 (each leg)
Standing Calf Raises: 4 x 15

FRIDAY

Overhead Press: 4 x 8
Upright Rows: 3 x 10
Shrugs: 4 x 12
Lateral Raises: 3 x 15
Face Pulls: 3 x 12

SATURDAY

Bench Press: 3 x 8
Deadlifts: 3 x 6
Squats: 3 x 8
Pull-Ups: 3 x max reps
Barbell Curl: 3 x 12

SUNDAY

Rest



HIGH-INTENSITY INTERVAL TRAINING (HIIT) FOCUSED PROGRAM



MONDAY

Burpees: 4 x 45 seconds
Kettlebell Swings: 4 x 45 seconds
Box Jumps: 4 x 45 seconds
Push-Ups: 4 x 45 seconds
Plank with Alternating Knee
Tucks: 4 x 45 seconds

TUESDAY

Running Intervals: 10 rounds of 1 minute sprint/1 minute jog
Jump Rope: 4 x 3 minutes
Cycling Sprints: 5 x 2 minutes

WEDNESDAY

Rest

THURSDAY

Mountain Climbers: 4 x 45 seconds
Medicine Ball Slams: 4 x 45 seconds
Battle Ropes: 4 x 45 seconds
Jumping Lunges: 4 x 45 seconds
Plank Jacks: 4 x 45 seconds

FRIDAY

Stair Climbing: 20 minutes
Rowing Intervals: 10 rounds of 1 minute hard/1 minute easy
High-Knees: 4 x 2 minutes

SATURDAY

Squat Jumps: 4 x 45 seconds
Dumbbell Thrusters: 4 x 45 seconds
Lateral Hops: 4 x 45 seconds
Push-Up to Renegade Row: 4 x 45 seconds
Plank with Shoulder Taps: 4 x 45 seconds

SUNDAY

Rest



SUPERSET STRENGTH AND CARDIO CIRCUIT PROGRAM



MONDAY

Bench Press: 4 x 8-10
Pull-Ups: 4 x max reps
Overhead Press: 3 x 10-12
Bent-Over Rows: 3 x 12-15
Tricep Dips: 3 x 15-20
Bicep Curls: 3 x 15-20

TUESDAY

Running Sprints: 10 rounds of 30 seconds sprint/30 seconds walk
Jump Rope: 4 x 3 minutes
Burpee Box Jumps: 3 x 1 minute

WEDNESDAY

Rest

THURSDAY

Squats: 4 x 8-10
Deadlifts: 4 x 8-10
Lunges: 3 x 12-15 (each leg)
Leg Press: 3 x 12-15
Standing Calf Raises: 3 x 15-20
Seated Leg Curls: 3 x 15-20

FRIDAY

Dumbbell Bench Press: 4 x 10-12
Lat Pulldowns: 4 x 12-15
Military Press: 3 x 12-15
Face Pulls: 3 x 15-20
Tricep Rope Pushdown: 3 x 15-20
Hammer Curls: 3 x 15-20

SATURDAY

20 Push up
25 Squats
20 Lunges
35 Crunches

SUNDAY

Rest



CARDIO AND WEIGHTLIFTING COMBINATION



MONDAY

Treadmill Running: 5 minutes warm-up
Barbell Bench Press: 4 x 8-10
Rowing Machine: 3 x 500 meters
Overhead Press: 3 x 10-12
Jump Rope: 3 x 3 minutes

TUESDAY

Elliptical Machine: 5 minutes warm-up
Squats: 4 x 8-10
Cycling: 30 minutes moderate intensity
Lunges: 3 x 12-15 (each leg)
Stair Climbing: 3 x 5 minutes

WEDNESDAY

Rest

THURSDAY

Stair Climbing: 10 minutes warm-up
Deadlifts: 4 x 8-10
High-Intensity Interval Training (HIIT) on a Stationary Bike: 4 x 1 minute hard/2 minutes easy
Dumbbell Rows: 3 x 12-15
Battle Ropes: 3 x 3 minutes

FRIDAY

Jumping Jacks: 5 minutes warm-up
Incline Dumbbell Press: 4 x 10-12
Running Intervals: 5 x 1 minute sprint/1 minute walk
Lat Pulldowns: 3 x 12-15
Plank: 3 x 1 minute

SATURDAY

Stationary Bike: 10 minutes warm-up
Leg Press: 4 x 10-12
Box Jumps: 3 x 3 minutes
Leg Extensions: 3 x 15-20
Walking Lunges: 3 x 10 minutes (continuous)

SUNDAY

Rest



PLYOMETRICS AND STRENGTH TRAINING



MONDAY

Squats: 4 x 8-10
Box Jumps: 4 x 10
Romanian Deadlifts: 3 x 12-15
Walking Lunges: 3 x 12 (each leg)
Seated Calf Raises: 3 x 15-20

TUESDAY

Jumping Squats: 4 x 15
Plyo Push-Ups: 4 x 12
Box Jumps: 3 x 10
Medicine Ball Slams: 3 x 15
Agility Ladder Drills: 3 x 5 minutes

WEDNESDAY

Rest

THURSDAY

Bench Press: 4 x 8-10
Pull-Ups: 4 x max reps
Overhead Press: 3 x 12-15
Barbell Rows: 3 x 12-15
Tricep Dips: 3 x 15-20

FRIDAY

Clean and Jerk: 4 x 6
Plyo Pull-Ups: 4 x 10
Push Press: 3 x 10-12
Medicine Ball Chest Pass: 3 x 15
Jumping Lunges: 3 x 12 (each leg)

SATURDAY

Burpees: 4 x 15
Jumping Jacks: 4 x 3 minutes
Plyo Box Step-Ups: 3 x 12 (each leg)
Kettlebell Swings: 3 x 20
Plank with Alternating Knee Tucks: 3 x 1 minute

SUNDAY

Rest



HIGH-REP WEIGHT TRAINING AND CARDIO



MONDAY

Leg Extensions: 4 x 15-20
Dumbbell Lunges: 3 x 20
(each leg)
Chest Flyes: 4 x 15-20
Tricep Kickbacks: 3 x 20
Seated Cable Rows: 4 x 15-20

TUESDAY

Running or Jogging: 30 minutes
Jump Rope: 4 x 3 minutes
Cycling: 20 minutes at a moderate pace

WEDNESDAY

Rest

THURSDAY

Dumbbell Shoulder Press: 4 x 15-20
Lat Pulldowns: 4 x 15-20
Bicep Curl Variations: 3 x 20
Tricep Dips: 3 x 20
Face Pulls: 3 x 15-20

FRIDAY

High-Intensity Interval Training (HIIT) on a Treadmill: 5 x 1 minute sprint/2 minutes walk
Rowing Machine: 4 x 500 meters
Jumping Jacks: 4 x 3 minutes

SATURDAY

Leg Press: 4 x 15-20
Romanian Deadlifts: 3 x 20
Leg Curls: 3 x 15-20
Calf Raises: 4 x 20
Plank: 3 x 1 minute

SUNDAY

Rest



THE TITAN'S COMPOUND CRUSADE



MONDAY

Squats: 4 x 6-8
Barbell Bench Press: 4 x 6-8
Bent-Over Rows: 3 x 8-10
Overhead Press: 3 x 8-10
Tricep Dips: 3 x 10-12
Bicep Curls: 3 x 10-12

TUESDAY

Running Intervals: 5 x 2 minutes
sprint/2 minutes jog
Jump Rope: 4 x 3 minutes
Kettlebell Swings: 3 x 15-20
Plank: 3 x 1 minute

WEDNESDAY

Rest

THURSDAY

Incline Dumbbell Press: 4 x 10-12
Cable Flyes: 3 x 12-15
Seated Dumbbell Press: 4 x 10-12
Lateral Raises: 3 x 12-15
Tricep Rope Pushdown: 3 x 15-20

FRIDAY

Cycling Sprints: 5 x 2 minutes
Battle Ropes: 4 x 1 minute
Box Jumps: 3 x 10
Hanging Leg Raises: 3 x 15

SATURDAY

Pull-Ups: 4 x max reps
Lat Pulldowns: 3 x 12-15
Barbell Curl: 4 x 10-12
Hammer Curls: 3 x 12-15
Skull Crushers: 3 x 15-20

SUNDAY

Rest



THE HERCULES HYBRID HUSTLE



MONDAY

Power Cleans: 4 x 5
Barbell Bench Press: 4 x 6-8
Bent-Over Rows: 3 x 8-10
Front Squats: 4 x 6-8
Weighted Pull-Ups: 3 x max
reps
Tricep Dips: 3 x 10-12

TUESDAY

Running Intervals: 5 x 2 minutes
sprint/2 minutes jog
Jump Rope: 4 x 3 minutes
Kettlebell Swings: 3 x 15-20
Plank: 3 x 1 minute

WEDNESDAY

Rest

THURSDAY

Incline Dumbbell Press: 4 x
10-12
Cable Flyes: 3 x 12-15
Seated Dumbbell Press: 4 x
10-12
Lateral Raises: 3 x 12-15
Tricep Rope Pushdown: 3 x
15-20

FRIDAY

Cycling Sprints: 5 x 2
minutes
Battle Ropes: 4 x 1 minute
Box Jumps: 3 x 10
Hanging Leg Raises: 3 x 15

SATURDAY

Pull-Ups: 4 x max reps
Lat Pulldowns: 3 x 12-15
Barbell Curl: 4 x 10-12
Hammer Curls: 3 x 12-15
Skull Crushers: 3 x 15-20

SUNDAY

Rest



THE OLYMPIAN ODYSSEY



MONDAY

Squats: 4 x 6-8
Barbell Bench Press: 4 x 6-8
Bent-Over Rows: 3 x 8-10
Overhead Press: 3 x 8-10
Deadlifts: 4 x 6-8
Tricep Dips: 3 x 10-12

TUESDAY

Running Intervals: 5 x 2 minutes
sprint/2 minutes jog
Jump Rope: 4 x 3 minutes
Kettlebell Swings: 3 x 15-20
Plank: 3 x 1 minute

WEDNESDAY

Rest

THURSDAY

Incline Dumbbell Press: 4 x 10-12
Cable Flyes: 3 x 12-15
Seated Dumbbell Press: 4 x 10-12
Lateral Raises: 3 x 12-15
Tricep Rope Pushdown: 3 x 15-20

FRIDAY

Cycling Sprints: 5 x 2 minutes
Battle Ropes: 4 x 1 minute
Box Jumps: 3 x 10
Hanging Leg Raises: 3 x 15

SATURDAY

Pull-Ups: 4 x max reps
Lat Pulldowns: 3 x 12-15
Barbell Curl: 4 x 10-12
Hammer Curls: 3 x 12-15
Skull Crushers: 3 x 15-20

SUNDAY

Rest



THE IRON GAUNTLET GAUNTLET



MONDAY

Squats: 4 x 6-8
Barbell Bench Press: 4 x 6-8
Bent-Over Rows: 3 x 8-10
Overhead Press: 3 x 8-10
Deadlifts: 4 x 6-8
Tricep Dips: 3 x 10-12

TUESDAY

Running Intervals: 5 x 2 minutes
sprint/2 minutes jog
Jump Rope: 4 x 3 minutes
Kettlebell Swings: 3 x 15-20
Plank: 3 x 1 minute

WEDNESDAY

Rest

THURSDAY

Incline Dumbbell Press: 4 x 10-12
Cable Flyes: 3 x 12-15
Seated Dumbbell Press: 4 x 10-12
Lateral Raises: 3 x 12-15
Tricep Rope Pushdown: 3 x 15-20

FRIDAY

Cycling Sprints: 5 x 2
minutes
Battle Ropes: 4 x 1 minute
Box Jumps: 3 x 10
Hanging Leg Raises: 3 x 15

SATURDAY

Pull-Ups: 4 x max reps
Lat Pulldowns: 3 x 12-15
Barbell Curl: 4 x 10-12
Hammer Curls: 3 x 12-15
Skull Crushers: 3 x 15-20

SUNDAY

Rest



THE ATLAS ANVIL APPROACH



MONDAY

Squats: 4 x 6-8
Barbell Bench Press: 4 x 6-8
Bent-Over Rows: 3 x 8-10
Overhead Press: 3 x 8-10
Deadlifts: 4 x 6-8
Tricep Dips: 3 x 10-12

TUESDAY

Running Intervals: 5 x 2 minutes
sprint/2 minutes jog
Jump Rope: 4 x 3 minutes
Kettlebell Swings: 3 x 15-20
Plank: 3 x 1 minute

WEDNESDAY

Rest

THURSDAY

Incline Dumbbell Press: 4 x 10-12
Cable Flyes: 3 x 12-15
Seated Dumbbell Press: 4 x 10-12
Lateral Raises: 3 x 12-15
Tricep Rope Pushdown: 3 x 15-20

FRIDAY

Cycling Sprints: 5 x 2
minutes
Battle Ropes: 4 x 1 minute
Box Jumps: 3 x 10
Hanging Leg Raises: 3 x 15

SATURDAY

Pull-Ups: 4 x max reps
Lat Pulldowns: 3 x 12-15
Barbell Curl: 4 x 10-12
Hammer Curls: 3 x 12-15
Skull Crushers: 3 x 15-20

SUNDAY

Rest



THE CENTURION STRENGTH CHALLENGE



MONDAY

Squats: 4 x 6-8
Barbell Bench Press: 4 x 6-8
Bent-Over Rows: 3 x 8-10
Overhead Press: 3 x 8-10
Deadlifts: 4 x 6-8
Tricep Dips: 3 x 10-12

TUESDAY

Running Intervals: 5 x 2 minutes
sprint/2 minutes jog
Jump Rope: 4 x 3 minutes
Kettlebell Swings: 3 x 15-20
Plank: 3 x 1 minute

WEDNESDAY

Rest

THURSDAY

Incline Dumbbell Press: 4 x 10-12
Cable Flyes: 3 x 12-15
Seated Dumbbell Press: 4 x 10-12
Lateral Raises: 3 x 12-15
Tricep Rope Pushdown: 3 x 15-20

FRIDAY

Cycling Sprints: 5 x 2
minutes
Battle Ropes: 4 x 1 minute
Box Jumps: 3 x 10
Hanging Leg Raises: 3 x 15

SATURDAY

Pull-Ups: 4 x max reps
Lat Pulldowns: 3 x 12-15
Barbell Curl: 4 x 10-12
Hammer Curls: 3 x 12-15
Skull Crushers: 3 x 15-20

SUNDAY

Rest



THE HERCULES HYBRID CHALLENGE



MONDAY

Squats: 4 x 6-8
Barbell Bench Press: 4 x 6-8
Bent-Over Rows: 3 x 8-10
Overhead Press: 3 x 8-10
Deadlifts: 4 x 6-8
Tricep Dips: 3 x 10-12

TUESDAY

Running Intervals: 5 x 2 minutes
sprint/2 minutes jog
Jump Rope: 4 x 3 minutes
Kettlebell Swings: 3 x 15-20
Plank: 3 x 1 minute

WEDNESDAY

Rest

THURSDAY

Incline Dumbbell Press: 4 x 10-12
Cable Flyes: 3 x 12-15
Seated Dumbbell Press: 4 x 10-12
Lateral Raises: 3 x 12-15
Tricep Rope Pushdown: 3 x 15-20

FRIDAY

Cycling Sprints: 5 x 2 minutes
Battle Ropes: 4 x 1 minute
Box Jumps: 3 x 10
Hanging Leg Raises: 3 x 15

SATURDAY

Pull-Ups: 4 x max reps
Lat Pulldowns: 3 x 12-15
Barbell Curl: 4 x 10-12
Hammer Curls: 3 x 12-15
Skull Crushers: 3 x 15-20

SUNDAY

Rest



THE AESTHETIC ASCENSION CHALLENGE



MONDAY

Squats: 4 x 6-8
Barbell Bench Press: 4 x 6-8
Bent-Over Rows: 3 x 8-10
Overhead Press: 3 x 8-10
Deadlifts: 4 x 6-8
Tricep Dips: 3 x 10-12

TUESDAY

Running Intervals: 5 x 2 minutes
sprint/2 minutes jog
Jump Rope: 4 x 3 minutes
Kettlebell Swings: 3 x 15-20
Plank: 3 x 1 minute

WEDNESDAY

Rest

THURSDAY

Incline Dumbbell Press: 4 x 10-12
Cable Flyes: 3 x 12-15
Seated Dumbbell Press: 4 x 10-12
Lateral Raises: 3 x 12-15
Tricep Rope Pushdown: 3 x 15-20

FRIDAY

Cycling Sprints: 5 x 2 minutes
Battle Ropes: 4 x 1 minute
Box Jumps: 3 x 10
Hanging Leg Raises: 3 x 15

SATURDAY

Pull-Ups: 4 x max reps
Lat Pulldowns: 3 x 12-15
Barbell Curl: 4 x 10-12
Hammer Curls: 3 x 12-15
Skull Crushers: 3 x 15-20

SUNDAY

Rest



THE TITAN'S TENACITY CHALLENGE



MONDAY

Bench Press - 4 x 8
Incline Dumbbell Flyes - 3 x 10
Tricep Dips - 3 x 12
Push-Ups - 3 x 15
Tricep Kickbacks - 2 x 12

TUESDAY

Deadlifts - 4 x 6
Pull-Ups - 3 x 8
Bent Over Rows - 3 x 10
Barbell Curls - 3 x 12
Hammer Curls - 2 x 10

WEDNESDAY

Squats - 4 x 8
Leg Press - 3 x 10
Lunges - 3 x 12 (each leg)
Leg Extensions - 3 x 15
Calf Raises - 4 x 12

THURSDAY

Military Press - 4 x 8
Lateral Raises - 3 x 10
Front Raises - 3 x 12
Shrugs - 3 x 12
Face Pulls - 2 x 15

FRIDAY

Rest

SATURDAY

Barbell Curls - 4 x 8
Skull Crushers - 3 x 10
Hammer Curls - 3 x 12
Tricep Pushdowns - 3 x 15
Preacher Curls - 2 x 10

SUNDAY

Rest



THE IRON WILL CHALLENGE



MONDAY

Bench Press - 4 x 8
Incline Dumbbell Flyes - 3 x 10
Tricep Dips - 3 x 12
Push-Ups - 3 x 15
Tricep Kickbacks - 2 x 12

TUESDAY

Deadlifts - 4 x 6
Pull-Ups - 3 x 8
Bent Over Rows - 3 x 10
Barbell Curls - 3 x 12
Hammer Curls - 2 x 10

WEDNESDAY

Squats - 4 x 8
Leg Press - 3 x 10
Lunges - 3 x 12 (each leg)
Leg Extensions - 3 x 15
Calf Raises - 4 x 12

THURSDAY

Military Press - 4 x 8
Lateral Raises - 3 x 10
Front Raises - 3 x 12
Shrugs - 3 x 12
Face Pulls - 2 x 15

FRIDAY

Rest

SATURDAY

Barbell Curls - 4 x 8
Skull Crushers - 3 x 10
Hammer Curls - 3 x 12
Tricep Pushdowns - 3 x 15
Preacher Curls - 2 x 10

SUNDAY

Rest



THE AESTHETIC ATHLETE REGIMEN



MONDAY

Bench Press - 4 x 8
Incline Dumbbell Flyes - 3 x 10
Tricep Dips - 3 x 12
Push-Ups - 3 x 15
Tricep Kickbacks - 2 x 12

TUESDAY

Deadlifts - 4 x 6
Pull-Ups - 3 x 8
Bent Over Rows - 3 x 10
Barbell Curls - 3 x 12
Hammer Curls - 2 x 10

WEDNESDAY

Squats - 4 x 8
Leg Press - 3 x 10
Lunges - 3 x 12 (each leg)
Leg Extensions - 3 x 15
Calf Raises - 4 x 12

THURSDAY

Military Press - 4 x 8
Lateral Raises - 3 x 10
Front Raises - 3 x 12
Shrugs - 3 x 12
Face Pulls - 2 x 15

FRIDAY

Rest

SATURDAY

Barbell Curls - 4 x 8
Skull Crushers - 3 x 10
Hammer Curls - 3 x 12
Tricep Pushdowns - 3 x 15
Preacher Curls - 2 x 10

SUNDAY

Rest



THE HERCULES HYBRID CHALLENGE



MONDAY

Bench Press - 4 x 8
Incline Dumbbell Flyes - 3 x 10
Tricep Dips - 3 x 12
Push-Ups - 3 x 15
Tricep Kickbacks - 2 x 12

TUESDAY

Deadlifts - 4 x 6
Pull-Ups - 3 x 8
Bent Over Rows - 3 x 10
Barbell Curls - 3 x 12
Hammer Curls - 2 x 10

WEDNESDAY

Squats - 4 x 8
Leg Press - 3 x 10
Lunges - 3 x 12 (each leg)
Leg Extensions - 3 x 15
Calf Raises - 4 x 12

THURSDAY

Military Press - 4 x 8
Lateral Raises - 3 x 10
Front Raises - 3 x 12
Shrugs - 3 x 12
Face Pulls - 2 x 15

FRIDAY

Rest

SATURDAY

Barbell Curls - 4 x 8
Skull Crushers - 3 x 10
Hammer Curls - 3 x 12
Tricep Pushdowns - 3 x 15
Preacher Curls - 2 x 10

SUNDAY

Rest



THE WARRIOR'S WAY PROTOCOL



MONDAY

Bench Press - 4 x 8
Incline Dumbbell Flyes - 3 x 10
Tricep Dips - 3 x 12
Push-Ups - 3 x 15
Tricep Kickbacks - 2 x 12

TUESDAY

Deadlifts - 4 x 6
Pull-Ups - 3 x 8
Bent Over Rows - 3 x 10
Barbell Curls - 3 x 12
Hammer Curls - 2 x 10

WEDNESDAY

Squats - 4 x 8
Leg Press - 3 x 10
Lunges - 3 x 12 (each leg)
Leg Extensions - 3 x 15
Calf Raises - 4 x 12

THURSDAY

Military Press - 4 x 8
Lateral Raises - 3 x 10
Front Raises - 3 x 12
Shrugs - 3 x 12
Face Pulls - 2 x 15

FRIDAY

Rest

SATURDAY

Barbell Curls - 4 x 8
Skull Crushers - 3 x 10
Hammer Curls - 3 x 12
Tricep Pushdowns - 3 x 15
Preacher Curls - 2 x 10

SUNDAY

Rest



THE SPARTAN AESTHETICS SCHEDULE



MONDAY

Bench Press - 4 x 8
Incline Dumbbell Flyes - 3 x 10
Tricep Dips - 3 x 12
Push-Ups - 3 x 15
Tricep Kickbacks - 2 x 12

TUESDAY

Deadlifts - 4 x 6
Pull-Ups - 3 x 8
Bent Over Rows - 3 x 10
Barbell Curls - 3 x 12
Hammer Curls - 2 x 10

WEDNESDAY

Squats - 4 x 8
Leg Press - 3 x 10
Lunges - 3 x 12 (each leg)
Leg Extensions - 3 x 15
Calf Raises - 4 x 12

THURSDAY

Military Press - 4 x 8
Lateral Raises - 3 x 10
Front Raises - 3 x 12
Shrugs - 3 x 12
Face Pulls - 2 x 15

FRIDAY

Rest

SATURDAY

Barbell Curls - 4 x 8
Skull Crushers - 3 x 10
Hammer Curls - 3 x 12
Tricep Pushdowns - 3 x 15
Preacher Curls - 2 x 10

SUNDAY

Rest



THE AQUATIC ATLAS PROGRAM



MONDAY

Bench Press - 4 x 8
Incline Dumbbell Flyes - 3 x 10
Tricep Dips - 3 x 12
Push-Ups - 3 x 15
Tricep Kickbacks - 2 x 12

TUESDAY

Deadlifts - 4 x 6
Pull-Ups - 3 x 8
Bent Over Rows - 3 x 10
Barbell Curls - 3 x 12
Hammer Curls - 2 x 10

WEDNESDAY

Squats - 4 x 8
Leg Press - 3 x 10
Lunges - 3 x 12 (each leg)
Leg Extensions - 3 x 15
Calf Raises - 4 x 12

THURSDAY

Military Press - 4 x 8
Lateral Raises - 3 x 10
Front Raises - 3 x 12
Shrugs - 3 x 12
Face Pulls - 2 x 15

FRIDAY

Rest

SATURDAY

Barbell Curls - 4 x 8
Skull Crushers - 3 x 10
Hammer Curls - 3 x 12
Tricep Pushdowns - 3 x 15
Preacher Curls - 2 x 10

SUNDAY

Rest

