

<b>x-sets</b> <b>ea- each angle</b> <b>el- each leg</b> <b>sec-seconds</b> <b>DB- Dumbbell</b> <b>ss- superset</b> <b>BB- barbell</b>	(CORE FOCUSED)	(BACK/SHOULDER)	(CHEST/CORE)	(LEGS-TRICEPS)	(CHEST/BICEPS)	
<b>Week 1</b>	10min Stairmaster <b>(ss EVERYTHING)</b>  30secs Planks: 3x Leg Lifts: 3x 10-12  Medball Toe Touches: 3x 20 Russian Twist: 3x 20ea  Bicycle Kicks: 3x 20 el Abdominal Crunches: 3x 20  20min Incline Treadmill	20min Incline Treadmill  Deadlift: 3x 6 ( 275-315lbs) 30sec Planks: 3x  DB Shoulder Shrugs:3x 10-12 DB Lateral Raises: 3x 10  SingleArm DB Row: 3x 8-10 ea. Rear Delt Flys: 3x10  Cable Face Pulls: 3x10 Inverted Row 3x 6  30min Bicycle	30min Bicycle  DB Bench Press: 3x 8-10 Side Planks: 3x 30sec ea.  Chest Press Machine:3x 10 Cable Flys: 3x 10  Push Ups: 3x 12 Hangng Leg Raises: 3x 12  Russian Twist: 3x 25 DB Side Bends: 3x 15ea  10min Treadmill	10min Stairmaster  BB Front Squats: 3x 8 (135-155lb) Walking Lunges: 3x 20  Leg Extension: 3x 10 Dips: 3x- 8  Hamstring Curls: 3x 8 DB Squats: 3x 10  Leg Press: 3x 10 Tricep Extension Machine:3x 15  20min Stairmaster	15min Treadmill  BB Bench Press: 3x 8 Wide Grip Push Ups: 3x 15  Pectoral Fly Machine: 3x 12 Preacher Curls: 3x 10  Low Cable Flys: 3x 12 DB Hammer Curls: 3x 10  DB Incline Bench Press: 3x 10 BB 21s: 3x  30min Bicycle	
<b>Week 2 *reps &amp; cardio ranges increase</b>	15min Stairmaster  45sec Planks: 3x Weighted Leg Lifts: 3x12  Medball Toe Touches: 3x 25 Russian Twist: 3x 25 ea  Bicycle Kicks: 3x 20 el Abdominal Crunches: 3x 30  30min- Incline Treadmill	25min-Incline Treadmill  Deadlift: 3x 7 ( 325-335lbs) 45sec Planks: 3x  DB Shoulder Shrugs:3x 15 DB Lateral Raises: 3x 15  SingleArm DB Row: 3x 8-10 ea. Rear Delt Flys: 3x12  Cable Face Pulls: 3x 12-15 Inverted Row 3x 8  35min - Bicycle	30min-Bicycle  DB Bench Press: 3x10-12 Side Planks: 3x 35sec ea.  Chest Press Machine:3x 12 Neutral Cable Flys: 3x 12-15  Push Ups: 3x 12 Hangng Leg Raises: 3x 12  Russian Twist: 3x 30 DB Side Bends: 3x 20ea  10min Treadmill	10min-Stairmaster  BB Front Squats: 3x 6 (185lbs) Walking Lunges: 3x 30  Leg Extension: 3x 12 Dips: 3x-10  Hamstring Curls: 3x 12-15 DB Squats: 3x 10  Leg Press: 3x 12 Tricep Extension Machine: 3x 15  20min Stairmaster	15min Treadmill  BB Bench Press: 3x 8 Close Grip Push Ups: 3x 15  Pectoral Fly Machine: 3x 12 Preacher Curls: 3x 10  Low Cable Flys: 3x 12 DB Hammer Curls: 3x 10  DB Incline Bench Press: 3x 10 BB 21s: 3x  30min Bicycle Close Grip Push Ups: 3x 10	

<b>Week 3 *sets increased</b>	30min Treadmill	20min stairmaster	40min Bicycle	20min Treadmill		
	Abdominal Crunches: 4x 25 30 sec. Weighed Planks 35lbs: 4x	BB Military Push Press: 4x 10 (135lb) Lat Pulldowns: 4x 12	Landmine Chest Press: 4x 10 Wide Grip Push Ups: 4x 10	BB Back Squats: 4x 8 Physioball Leg Curls 4x 8-10		
	Kettlebell Swings: 4x 10 Physioball Crunches: 4x 20	DB Front Raises: 4x 12-15 Seated Cable Rows: 4x 12-15	High Cable Flys: 4x 12-15 Physioball Crunches: 4x 18	Squat Jumps: 4x 15 Dips 4x 12-15		
	Hanging Oblique Extensions: 4x 2 Flat Leg Raises: 4x 15	Back Extensions: 4x 15-18 DB Shoulder Shrugs: 4x 15	BB Bench Press: 4x 10 45sec Planks: 4x	DB Split Squats 4x 8 el. Leg Press Machine 4x 15		
	30min Stairmaster	DB Pullovers: 4x 10 Crunches 4x 25  20min Treadmill	30sec. ea. Side Planks: 4x Close Grip Push Ups: 4x 15  20min Stairmaster	Skull Crushes 4x 10 Tricep Extension w/ rope: 4x 12  20min Stairmaster		