



Day 2

Exercise Order	Exercise	Sets	Reps	Tempo	Rest Break (sec.)
A1	Split Squat	3	12-15	Controlled	60
A2	Seated Cable Row	3	12-15	Controlled	60
B1	Standing Overhead DB Press	3	12-15	Controlled	60
B2	Back Extension	3	12-15	Controlled	60
C1	Leg Press	3	12-15	Controlled	60
C2	Calf Raise Leg Press	3	12-15	Controlled	60
D1	Upright Row Cable	3	12-15	Controlled	60
D2	Db Side Lateral	3	12-15	Controlled	60

Exercise Order	Exercise	Workout 1	Workout 2	Workout 3	Workout 4	Workout 5	Workout 6
A1	Split Squat						
A2	Seated Cable Row						
B1	Standing Overhead DB Press						
B2	Back Extension						
C1	Leg Press						
C2	Calf Raise Leg Press						
D1	Upright Row Cable						
D2	Db Side Lateral						

Go back and forth between Day 1 and Day 2.

Workout 3x/week.

After you have finished 6 workouts of each progress to next program.