

| Day 1 | Week 1 | Week 2 | Week 3 | Week 4 | Notes |
|--|------------------|------------------|------------------|------------------|--------------------|
| Exercise | Sets/Reps | Sets/Reps | Sets/Reps | Sets/Reps | |
| 1a) Goblet Squat | 3x8 | 3x8 | 3x10 | 3x12 | |
| 1b) Pull-Up | 3x5 | 3x7 | 3x5 | 3x7 | 3 sec. negative |
| 1c) Dumbbell Bench Press | 3x8 | 3x8 | 3x10 | 3x12 | Alternate from top |
| 2a) Resisted Pullthrough | 3x8 | 3x8 | 3x10 | 3x12 | |
| 2b) Dumbbell Seated Overhead Press | 3x8 | 3x8 | 3x10 | 3x12 | |
| 2c) Dumbbell Single-Arm Row | 3x8 each arm | 3x8 each arm | 3x10 each am | 3x12 each arm | |
| 3a) Dumbbell Shrugs | 3x10 | 3x12 | 3x15 | 3x15 | |
| 3b) Skullcrushers | 3x8 | 3x8 | 3x10 | 3x12 | |
| 3c) Bicep Curl | 3x8 | 3x8 | 3x10 | 3x12 | |
| Day 2 | Week 1 | Week 2 | Week 3 | Week 4 | Notes |
| 1a) Dumbbell Split Squat | 3x8 each leg | 3x8 each leg | 3x10 each leg | 3x12 each leg | |
| 1b) Dumbbell Incline Bench | 3x8 | 3x8 | 3x10 | 3x12 | |
| 1c) Standing Cable Row | 3x8 each arm | 3x8 each arm | 3x10 each arm | 3x12 each arm | |
| 2a) Reverse Hypers | 3x8 | 3x10 | 3x12 | 3x15 | |
| 2b) Half-Kneeling Dumbbell Curl to Press | 3x8 | 3x10 | 3x12 | 3x15 | |
| 2c) Straight-Leg Sit-Up | 3x12 | 3x14 | 3x16 | 3x18 | |
| 3a) Band T Row to External Rotation | 3x8 | 3x10 | 3x12 | 3x15 | |
| 3b) Alternating Arm Plank | 3x8 each arm | 3x10 each arm | 3x12 each arm | 3x12 each arm | |
| 3c) 4-Way Manual Neck | 2x10 sec. each | 3x10 sec. each | 3x10 sec. each | 3x10 sec. each | |
| Day 3 | Week 1 | Week 2 | Week 3 | Week 4 | Notes |
| 1a) Goblet Squat | 3x8 | 3x10 | 3x12 | 3x15 | |
| 1b) Pull-Ups | 3x6 | 3x8 | 3x6 | 3x8 | 3 sec. negative |
| 1c) Dumbbell Bench Press | 3x8 | 3x10 | 3x12 | 3x15 | |
| 2a) Cable Pullthrough | 3x8 | 3x10 | 3x12 | 3x15 | |
| 2b) Dumbbell Seated Alternating Shoulder Press | 3x8 | 3x10 | 3x12 | 3x15 | Alternate from top |
| 2c) Single-Arm Dumbbell Row | 3x10 each arm | 3x12 each arm | 3x15 each arm | 3x15 each arm | |
| 3a) Cable Face Pull | 3x10 | 3x10 | 3x15 | 3x15 | |
| 3b) Cable Tricep Extension | 3x8 | 3x10 | 3x12 | 3x15 | |
| 3c) Bicep Curl | 3x8 | 3x10 | 3x12 | 3x15 | |