

**Weekly Workout Schedule**

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Workout 1	Rest	Workout 2	Rest	Workout 3	Rest	Rest

**Sets and Reps for Each Workout**

Bowflex	Workout 1		Workout 2		Workout 3	
	Sets	Reps	Sets	Reps	Sets	Reps
1	1	8	1	12	1	15
2	2	15	2	15	2	15
3	3	15	3	15	3	15
4	1	12	1	12	1	12
5	2	12	2	12	2	12
6	3	12	3	12	3	12
7	1	8	1	8	1	8
8	2	8	2	8	2	8
9	3	8	3	8	3	8
10	1	5	1	5	1	5
11	2	5	2	5	2	5
12	3	5	3	5	3	5

**Exercises for Each Workout**

#	Exercise	Muscle Group
1	Squats	Quadriceps
2	Bench Press	Chest
3	Romanian Deadlift	Hamstrings
4	Rows	Back Depth
5	Overhead Press	Shoulders
6	Wide Grip Pulldowns	Back Width
7	Standing Calf Raise	Calves
8	Tricep Pushdowns	Triceps
9	Curls	Biceps
10	Reverse Curls	Forearms