

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	Dumbbell Lunges	Quadriceps
2	Swiss Ball Bench Press	Chest
3	Dumbbell Romanian Deadlift	Hamstrings
4	1-Arm Dumbbell Rows	Back Depth
5	1-Arm Overhead Press	Shoulders
6	Pull Ups (Palms Facing)	Back Width
7	1-Legged Standing Calf Raise	Calves
8	Dumbbell Close Grip Floor Press	Triceps
9	Alternate Dumbbell Curls	Biceps
10	Pinwheel Curls	Forearms