



Week one day one	Exercise	Reps	Sets	Week one day 2	Exercise	Reps	Sets
Hypertrophie upperbody	Benchpress	7-10	4	Hypertrophie lowerbody	Squat	7-10	4
	Latpulldown	10-12	4		Romanian Deadlift	7-10	3
	Militarypress	7-10	3		Legpress	8-10	3
	Butterfly	10-12	3		Legcurl	10-12	3
	Rows	7-10	3		Calveraises	10-12	6
	Lateral Raises	12-15	4				
	Facepulls	10-12	3				
	Frenchpress	8-10	4				
	Curis	8-10	4				
Week 1 day 3	Exercise	Reps	Sets	Week one day 4	Exercise	Reps	Sets
Strength upperbody	Benchpress	4-6	5	Strength lowerbody	Squat	4-6	4
	Latpulldown	8-10	4		Romanian Deadlift	4-6	4
	Militarypress	4-6	4		Legpress	6-8	3
	Butterfly	10-12	3		Legcurl	10-12	3
	Rows	4-6	4		Calveraises	10-12	6
	Lateral Raises	12-15	4				
	Facepulls	10-12	3				
	Triceppushdown	10	4				
	Curis	6-8	4				
Week two day 1	Exercise	Reps	Sets	Week two day 2	Exercise	Reps	Sets
endurance upperbody	Benchpress	10-12	4	endurance lowerbody	Squat	10-12	4
	Latpulldown	12-15	4		Romanian Deadlift	10-12	3
	Militarypress	10-12	3		Lunges	Failure	3
	Butterfly	12-15	3		Legcurl	12-15	3
	Rows	10-12	3		Calveraises	15-20	6
	Lateral Raises	12-15	4				
	Facepulls	12-15	3				
	Frenchpress	12-15	4				
	Curis	12-15	4				
Week 2 day 3	Exercise	Reps	Sets	Week 2 day 4	Exercise	Reps	Sets
Hypertrophie upperbody	Benchpress	7-10	4	Strength lowerbody	Squat	7-10	4
	Latpulldown	10-12	4		Romanian Deadlift	7-10	3
	Militarypress	7-10	3		Legpress	8-10	3
	Butterfly	10-12	3		Legcurl	10-12	3
	Rows	7-10	3		Calveraises	10-12	6
	Lateral Raises	12-15	4				
	Facepulls	10-12	3				
	Triceppushdown	10	4				
	Curis	8-10	4				
Week 3 day 1	Exercise	Reps	Sets	Week 3 day 2	Exercise	Reps	Sets
Strength upperbody	Benchpress	4-6	5	Strength lowerbody	Squat	4-6	4
	Latpulldown	8-10	4		Romanian Deadlift	4-6	4
	Militarypress	4-6	4		Legpress	6-8	4
	Butterfly	10-12	3		Legcurl	10-12	3
	Rows	4-6	4		Legextension	10-12	3
	Incline press	6-8	3		Calveraises	10-12	6
	Lateral Raises	12-15	5				
	Facepulls	10-12	3				
	Triceppushdown	10	4				
	Curis	6-8	4				
Week 3 day 3	Exercise	Reps	Sets	Week 3 day 4	Exercise	Reps	Sets
endurance upperbody	Benchpress	10-12	4	endurance lowerbody	Squat	10-12	4
	Latpulldown	12-15	4		Romanian Deadlift	10-12	3
	Militarypress	10-12	4		Lunges	Failure	3
	Butterfly	12-15	3		Legcurl	12-15	3
	Rows	10-12	3		Legextension	01.12.15	3
	Dips	Failure	3		Calveraises	15-20	6
	Lateral Raises	12-15	5				
	Facepulls	12-15	3				
	Frenchpress	12-15	4				
	Curis	12-15	4				
Week 4 day 1	Exercise	Reps	Sets	Week 4 day 2	Exercise	Reps	Sets
Hypertrophie upperbody	Benchpress	7-10	4	Hypertrophie lowerbody	Squat	7-10	4
	Latpulldown	10-12	4		Romanian Deadlift	7-10	3
	Militarypress	7-10	4		Legpress	8-10	4
	Butterfly	10-12	4		Legcurl	10-12	3
	Rows	7-10	3		Legextension	10-12	3
	Incline press	10-12	3		Calveraises	10-12	7
	Lateral Raises	12-15	5				
	Facepulls	10-12	3				
	Triceppushdown	10	5				
	Curis	8-10	5				
Week 4 day 3	Exercise	Reps	Sets	Week 4 day 4	Exercise	Reps	Sets
Strength upperbody	Benchpress	4-6	5	Strength lowerbody	Squat	4-6	5
	Latpulldown	8-10	4		Romanian Deadlift	4-6	4
	Militarypress	4-6	4		Legpress	6-8	4
	Butterfly	10-12	3		Legcurl	10-12	3
	Rows	4-6	4		Legextension	10-12	3
	Incline press	6-8	3		Calveraises	10-12	6
	Lateral Raises	12-15	5				
	Facepulls	10-12	3				
	Triceppushdown	10	4				
	Curis	6-8	4				
Week 5							
load 25% less weight and sets							