

## 2 Day/Week Training Program

### Week 1

Day 1	Set 1	Set 2	Set 3
a. <a href="#">Kettlebell Squat</a> (3x8)			
a. <a href="#">Low Decline Situp</a> (3x8)			
b. <a href="#">DB Bench</a> (3x8)			
b. <a href="#">Back Extension</a> (3x8)			
c. <a href="#">Curl Press</a> (3x8)			
c. <a href="#">Chest Supported Row</a> (3x8)			

Day 2	Set 1	Set 2	Set 3
a. <a href="#">Single Leg Press</a> (3x8ea)			
a. <a href="#">Hanging Leg Raise</a> (3x8)			
b. <a href="#">Pulldown</a> (3x8)			
b. <a href="#">Hamstring Curl</a> (3x8)			
c. <a href="#">Bar Pushup</a> (3x8)			
c. <a href="#">Cable Face Pull</a> (3x8)			

Both days have exercises that are supersetted which means to alternate back and forth. The supersets are indicated by letters at the start of each exercise. So, in the case of Day 1, the first superset (a) is the Kettlebell Squat and Low Decline Situp. You'll start with one set of 8 reps in the Kettlebell Squat. Once you're done with that and have rested enough, you'll then move on to a set of 8 reps in the Low Decline Situp. Again, once that's done and you've rested, you'll return to the Kettlebell Squat and add/subtract weight based on the difficulty of the first set. This continues for 3 sets (3 times through this back and forth sequence).

Sets and reps are listed in parenthesis after each exercise as (sets x reps).

All exercises are hyperlinked to a short video demonstrating the proper technique.

Week 2

Day 1	Set 1	Set 2	Set 3
a. Kettlebell Squat (3x12)			
a. Low Decline Situp (3x12)			
b. DB Bench (3x12)			
b. Back Extension (3x12)			
c. Curl Press (3x12)			
c. Chest Supported Row (3x12)			

Day 2	Set 1	Set 2	Set 3
a. Single Leg Press (3x12ea)			
a. Hanging Leg Raise (3x12)			
b. Pulldown (3x12)			
b. Hamstring Curl (3x12)			
c. Bar Pushup (3x12)			
c. Cable Face Pull (3x12)			

Week 3

Day 1	Set 1	Set 2	Set 3	Set 4
a. Kettlebell Squat (4x10)				
a. Low Decline Situp (4x10)				
b. DB Bench (4x10)				
b. Back Extension (4x10)				
c. Curl Press (4x10)				
c. Chest Supported Row (4x10)				

Day 2	Set 1	Set 2	Set 3	Set 4
a. Single Leg Press (4x10ea)				
a. Hanging Leg Raise (4x10)				
b. Pulldown (4x10)				
b. Hamstring Curl (4x10)				
c. Bar Pushup (4x10)				
c. Cable Face Pull (4x10)				

Week 4

Day 1	Set 1	Set 2	Set 3	Set 4
a. Kettlebell Squat (4x12)				
a. Low Decline Situp (4x12)				
b. DB Bench (4x12)				
b. Back Extension (4x12)				
c. Curl Press (4x12)				
c. Chest Supported Row (4x12)				

Day 2	Set 1	Set 2	Set 3	Set 4
a. Single Leg Press (4x12ea)				
a. Hanging Leg Raise (4x12)				
b. Pulldown (4x12)				
b. Hamstring Curl (4x12)				
c. Bar Pushup (4x12)				
c. Cable Face Pull (4x12)				

Week 5

Day 1	Set 1	Set 2	Set 3	Set 4	Set 5
a. Kettlebell Squat (5x10)					
a. Low Decline Situp (5x10)					
b. DB Bench (5x10)					
b. Back Extension (5x10)					
c. Curl Press (5x10)					
c. Chest Supported Row (5x10)					

Day 2	Set 1	Set 2	Set 3	Set 4	Set 5
a. Single Leg Press (5x10ea)					
a. Hanging Leg Raise (5x10)					
b. Pulldown (5x10)					
b. Hamstring Curl (5x10)					
c. Bar Pushup (5x10)					
c. Cable Face Pull (5x10)					

Week 6

Day 1	Set 1	Set 2	Set 3	Set 4	Set 5
a. Kettlebell Squat (5x12)					
a. Low Decline Situp (5x12)					
b. DB Bench (5x12)					
b. Back Extension (5x12)					
c. Curl Press (5x12)					
c. Chest Supported Row (5x12)					

Day 2	Set 1	Set 2	Set 3	Set 4	Set 5
a. Single Leg Press (5x12ea)					
a. Hanging Leg Raise (5x12)					
b. Pulldown (5x12)					
b. Hamstring Curl (5x12)					
c. Bar Pushup (5x12)					
c. Cable Face Pull (5x12)					

### 3 Day/Week Training Program

#### Week 1

Day 1	Set 1	Set 2	Set 3
a. <a href="#">Squat</a> (3x8)			
a. <a href="#">GHR Situp</a> (3x8)			
b. <a href="#">DB Floor Press</a> (3x8)			
b. <a href="#">DB RDL</a> (3x8)			
c. <a href="#">DB Overhead Press</a> (3x8)			
c. <a href="#">Blast Strap Row</a> (3x8)			

Day 2	Set 1	Set 2	Set 3
a. <a href="#">Split Squat</a> (3x8ea)			
a. <a href="#">Ball KTC</a> (3x8)			
b. <a href="#">Chinup</a> (3x8)			
b. <a href="#">Ball Leg Curl</a> (3x8)			
c. <a href="#">Dip</a> (3x8)			
c. <a href="#">DB Shrug</a> (3x8)			

Day 3	Set 1	Set 2	Set 3
a. <a href="#">Trap Bar Deadlift</a> (3x8)			
a. <a href="#">Ab Wheel</a> (3x8)			
b. <a href="#">Cable Row</a> (3x8)			
b. <a href="#">GHR Back Extension</a> (3x8)			
c. <a href="#">DB Incline Press</a> (3x8)			
c. <a href="#">BB Curl</a> (3x8)			

Week 2

Day 1	Set 1	Set 2	Set 3
a. Squat (3x12)			
a. GHR Situp (3x12)			
b. DB Floor Press (3x12)			
b. DB RDL (3x12)			
c. DB Overhead Press (3x12)			
c. Blast Strap Row (3x12)			

Day 2	Set 1	Set 2	Set 3
a. Split Squat (3x12ea)			
a. Ball KTC (3x12)			
b. Chinup (3x12)			
b. Ball Leg Curl (3x12)			
c. Dip (3x12)			
c. DB Shrug (3x12)			

Day 3	Set 1	Set 2	Set 3
a. Trap Bar Deadlift (3x12)			
a. Ab Wheel (3x12)			
b. Cable Row (3x12)			
b. GHR Back Extension (3x12)			
c. DB Incline Press (3x12)			
c. BB Curl (3x12)			

Week 3

Day 1	Set 1	Set 2	Set 3	Set 4
a. Squat (4x10)				
a. GHR Situp (4x10)				
b. DB Floor Press (4x10)				
b. DB RDL (4x10)				
c. DB Overhead Press (4x10)				
c. Blast Strap Row (4x10)				

Day 2	Set 1	Set 2	Set 3	Set 4
a. Split Squat (4x10ea)				
a. Ball KTC (4x10)				
b. Chinup (4x10)				
b. Ball Leg Curl (4x10)				
c. Dip (4x10)				
c. DB Shrug (4x10)				

Day 3	Set 1	Set 2	Set 3	Set 4
a. Trap Bar Deadlift (4x10)				
a. Ab Wheel (4x10)				
b. Cable Row (4x10)				
b. GHR Back Extension (4x10)				
c. DB Incline Press (4x10)				
c. BB Curl (4x10)				

Week 4

Day 1	Set 1	Set 2	Set 3	Set 4
a. Squat (4x12)				
a. GHR Situp (4x12)				
b. DB Floor Press (4x12)				
b. DB RDL (4x12)				
c. DB Overhead Press (4x12)				
c. Blast Strap Row (4x12)				

Day 2	Set 1	Set 2	Set 3	Set 4
a. Split Squat (4x12ea)				
a. Ball KTC (4x12)				
b. Chinup (4x12)				
b. Ball Leg Curl (4x12)				
c. Dip (4x12)				
c. DB Shrug (4x12)				

Day 3	Set 1	Set 2	Set 3	Set 4
a. Trap Bar Deadlift (4x12)				
a. Ab Wheel (4x12)				
b. Cable Row (4x12)				
b. GHR Back Extension (4x12)				
c. DB Incline Press (4x12)				
c. BB Curl (4x12)				



Week 5

Day 1	Set 1	Set 2	Set 3	Set 4	Set 5
a. Squat (5x10)					
a. GHR Situp (5x10)					
b. DB Floor Press (5x10)					
b. DB RDL (5x10)					
c. DB Overhead Press (5x10)					
c. Blast Strap Row (5x10)					

Day 2	Set 1	Set 2	Set 3	Set 4	Set 5
a. Split Squat (5x10ea)					
a. Ball KTC (5x10)					
b. Chinup (5x10)					
b. Ball Leg Curl (5x10)					
c. Dip (5x10)					
c. DB Shrug (5x10)					

Day 3	Set 1	Set 2	Set 3	Set 4	Set 5
a. Trap Bar Deadlift (5x10)					
a. Ab Wheel (5x10)					
b. Cable Row (5x10)					
b. GHR Back Extension (5x10)					
c. DB Incline Press (5x10)					
c. BB Curl (5x10)					

Week 6

Day 1	Set 1	Set 2	Set 3	Set 4	Set 5
a. Squat (5x12)					
a. GHR Situp (5x12)					
b. DB Floor Press (5x12)					
b. DB RDL (5x12)					
c. DB Overhead Press (5x12)					
c. Blast Strap Row (5x12)					

Day 2	Set 1	Set 2	Set 3	Set 4	Set 5
a. Split Squat (5x12ea)					
a. Ball KTC (5x12)					
b. Chinup (5x12)					
b. Ball Leg Curl (5x12)					
c. Dip (5x12)					
c. DB Shrug (5x12)					

Day 3	Set 1	Set 2	Set 3	Set 4	Set 5
a. Trap Bar Deadlift (5x12)					
a. Ab Wheel (5x12)					
b. Cable Row (5x12)					
b. GHR Back Extension (5x12)					
c. DB Incline Press (5x12)					
c. BB Curl (5x12)					