

Borg's Rate Of Perceived Exertion Scale (RPE)

6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
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Day 1		Week 1				Week 2				Week 3				Week 4			
Order	Exercise	Sets	Reps	RPE	Rest	Sets	Reps	RPE	Rest	Sets	Reps	RPE	Rest	Sets	Reps	RPE	Rest
Abdominal Movements																	
1	Cable Crunch	3	10		30s	3	15		30s	3	20		30s	3	25		30s
2	Lying Side Crunch	3	10ea		30s	3	15ea		30s	3	20ea		30s	3	25ea		30s
3	Good Mornings	3	10		30s	3	15		30s	3	18		30s	3	20		30s
Strength and Conditioning Movements																	
1	Deadlift	4	20,15,12,10	11	30s	4	20,15,12,10	15	30s	4	10,12,15,20	13	30s	4	10,12,15,20	18	30s
	Resistance Band Tricep Extensions			12				16				14				17	
2	Wide Grip Bent Over Barbell Row	4	20,15,12,10	11	30s	4	20,15,12,10	15	30s	4	10,12,15,20	13	30s	4	10,12,15,20	18	30s
	Straight Bar Cable Extension			12				16				14				17	
3	Single Arm Dumbbell Row	4	20,15,12,10	11	30s	4	20,15,12,10	15	30s	4	10,12,15,20	13	30s	4	10,12,15,20	18	30s
	Rope Cable Tricep Extension			12				16				14				17	
4	Close Grip Lat Pull Down	4	20,15,12,10	11	30s	4	20,15,12,10	15	30s	4	10,12,15,20	13	30s	4	10,12,15,20	18	30s
	Straight Bar Skull Crusher			12				16				14				17	
5	Rack Pull	4	20,15,12,10	11	30s	4	20,15,12,10	15	30s	4	10,12,15,20	13	30s	4	10,12,15,20	18	30s
	Tricep Cable Kickback			12				16				14				17	
6	Hammer Strength Row	4	20,15,12,10	11	30s	4	20,15,12,10	15	30s	4	10,12,15,20	13	30s	4	10,12,15,20	18	30s
	Single Arm Tricep Extension			12				16				14				17	
7	Machine Lat Pull Down	4	20,15,12,10	11	30s	4	20,15,12,10	15	30s	4	10,12,15,20	13	30s	4	10,12,15,20	18	30s
	Dips			12				16				14				17	

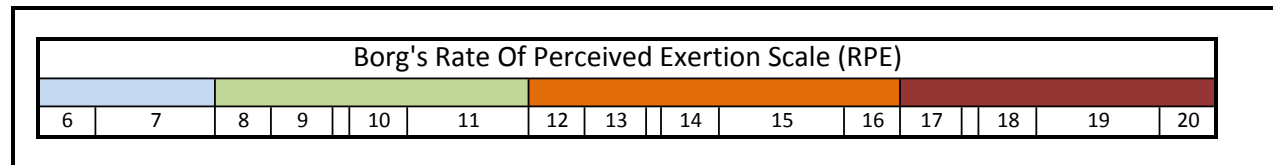
Day 2		Week 1				Week 2				Week 3				Week 4			
Order	Exercise	Sets	Reps	RPE	Rest	Sets	Reps	RPE	Rest	Sets	Reps	RPE	Rest	Sets	Reps	RPE	Rest
Abdominal Movements																	
1	Crunch	3	10		30s	3	15		30s	3	20		30s	3	25		30s
2	Oblique Machine Twist	3	10ea		30s	3	12ea		30s	3	15ea		30s	3	20ea		30s
3	Back Extension	3	10		30s	3	15		30s	3	18		30s	3	20		30s
Strength and Conditioning Movements																	
1	Flat Dumbbell Bench Press	4	20,15,12,10	11	30s	4	20,15,12,10	15	30s	4	10,12,15,20	13	30s	4	10,12,15,20	18	30s
	Spider E-Z Bar Curl			12				16				14				17	

2	Incline Dumbbell Bench Press	4	20,15,12,10	11	30s	4	20,15,12,10	15	30s	4	10,12,15,20	13	30s	4	10,12,15,20	18	30s
	Alternating Hammer Curl			12				16				14				17	
3	Decline Dumbbell bench Press	4	20,15,12,10	11	30s	4	20,15,12,10	15	30s	4	10,12,15,20	13	30s	4	10,12,15,20	18	30s
	Dumbbell Curl			12				16				14				17	
4	Chest Machine Fly	4	20,15,12,10	11	30s	4	20,15,12,10	15	30s	4	10,12,15,20	13	30s	4	10,12,15,20	18	30s
	Standing Straight Bar Curl			12				16				14				17	
5	Low Cable Chest Fly	4	20,15,12,10	11	30s	4	20,15,12,10	15	30s	4	10,12,15,20	13	30s	4	10,12,15,20	18	30s
	Cable Rope Curl			12				16				14				17	
6	Chest Machine Press	4	20,15,12,10	11	30s	4	20,15,12,10	15	30s	4	10,12,15,20	13	30s	4	10,12,15,20	18	30s
	Preacher Curl			12				16				14				17	
7	Incline Chest Machine Press	4	20,15,12,10	11	30s	4	20,15,12,10	15	30s	4	10,12,15,20	13	30s	4	10,12,15,20	18	30s
	Pronated E-z Bar Curl			12				16				14				17	

Borg's Rate Of Perceived Exertion Scale (RPE)														
6	7	8	9	10	11	12	13	14	15	16	17	18	19	20

Day 3	Week 1				Week 2				Week 3				Week 4				
Order	Exercise	Sets	Reps	RPE	Rest	Sets	Reps	RPE	Rest	Sets	Reps	RPE	Rest	Sets	Reps	RPE	Rest
Abdominal Movements																	
1	Full Sit-Up	3	12		30s	3	15		30s	3	20		30s	3	25		30s
2	Side Wall Medicine Ball Slam	3	10ea		30s	3	12ea		30s	3	15ea		30s	3	20ea		30s
3	Supermans	3	10		30s	3	15		30s	3	20		30s	3	25		30s
Strength and Conditioning Movements																	
1	Jefferson Squat	4	20,15,12,10	11	30s	4	20,15,12,10	15	30s	4	10,12,15,20	13	30s	4	10,12,15,20	18	30s
	Seated Barbell Shoulder Press			12				16				14				17	
2	Front Squat	4	20,15,12,10	11	30s	4	20,15,12,10	15	30s	4	10,12,15,20	13	30s	4	10,12,15,20	18	30s
	Standing Arnold Shoulder Press			12				16				14				17	
3	Single Leg Press	4	20,15,12,10	11	30s	4	20,15,12,10	15	30s	4	10,12,15,20	13	30s	4	10,12,15,20	18	30s
	Cable Lateral Raise			12				16				14				17	
4	Single Leg Extension	4	20,15,12,10	11	30s	4	20,15,12,10	15	30s	4	10,12,15,20	13	30s	4	10,12,15,20	18	30s
	Dumbbell Front Raise			12				16				14				17	
5	Single Leg Lying Hamstring Curl Machine	4	20,15,12,10	11	30s	4	20,15,12,10	15	30s	4	10,12,15,20	13	30s	4	10,12,15,20	18	30s
	Reverse Cable Fly			12				16				14				17	
6	Walking Barbell Lunges	4	20,15,12,10	11	30s	4	20,15,12,10	15	30s	4	10,12,15,20	13	30s	4	10,12,15,20	18	30s
	Upright E-Z Bar Cable Row			12				16				14				17	
7	Standing Dumbbell Calve Raise	4	20,15,12,10	11	30s	4	20,15,12,10	15	30s	4	10,12,15,20	13	30s	4	10,12,15,20	18	30s
	Seated Calve Raise			12				16				14				17	

Day 4		Week 1				Week 2				Week 3				Week 4			
Order	Exercise	Sets	Reps	RPE	Rest	Sets	Reps	RPE	Rest	Sets	Reps	RPE	Rest	Sets	Reps	RPE	Rest
Abdominal Movements																	
1	V-Ups	3	8		30s	3	10		30s	3	12		30s	3	15		30s
2	Russain Twist	3	10ea		30s	3	15ea		30s	3	18ea		30s	3	20ea		30s
3	Superman Hold	3	30s		30s	3	40s		30s	3	50s		30s	3	60s		30s
Strength and Conditioning Movements																	
1	Flat Barbell Bench Press	4	20,15,12,10	11	30s	4	20,15,12,10	15	30s	4	10,12,15,20	13	30s	4	10,12,15,20	18	30s
	Spider Straight Bar Curl			12				16				14				17	
2	Incline Barbell Bench Press	4	20,15,12,10	11	30s	4	20,15,12,10	15	30s	4	10,12,15,20	13	30s	4	10,12,15,20	18	30s
	Hammer Curl			12				16				14				17	
3	Decline Barbell Bench Press	4	20,15,12,10	11	30s	4	20,15,12,10	15	30s	4	10,12,15,20	13	30s	4	10,12,15,20	18	30s
	Alternating Dumbbell Curl			12				16				14				17	
4	Single Arm Chest Machine Fly	4	20,15,12,10	11	30s	4	20,15,12,10	15	30s	4	10,12,15,20	13	30s	4	10,12,15,20	18	30s
	Standing E-z Bar Curl			12				16				14				17	
5	Cross Over Cable Chest Press	4	20,15,12,10	11	30s	4	20,15,12,10	15	30s	4	10,12,15,20	13	30s	4	10,12,15,20	18	30s
	Cable Straight Bar Curl			12				16				14				17	
6	Chest Machine Press	4	20,15,12,10	11	30s	4	20,15,12,10	15	30s	4	10,12,15,20	13	30s	4	10,12,15,20	18	30s
	Single Arm Preacher Curl			12				16				14				17	
7	Incline Chest Machine Press	4	20,15,12,10	11	30s	4	20,15,12,10	15	30s	4	10,12,15,20	13	30s	4	10,12,15,20	18	30s
	Preacher Pronated E-z Bar Curl			12				16				14				17	



Day 5		Week 1				Week 2				Week 3				Week 4			
Order	Exercise	Sets	Reps	RPE	Rest	Sets	Reps	RPE	Rest	Sets	Reps	RPE	Rest	Sets	Reps	RPE	Rest
Abdominal Movements																	
1	Medicine Ball Slam	3	10		30s	3	15		30s	3	20		30s	3	25		30s
2	Side Plank	3	30s		30s	3	40s		30s	3	50s		30s	3	60s		30s
3	Back Extensions	3	8		30s	3	14		30s	3	17		30s	3	20		30s
Strength and Conditioning Movements																	
1	Dumbbell Deadlift	4	20,15,12,10	11	30s	4	20,15,12,10	15	30s	4	10,12,15,20	13	30s	4	10,12,15,20	18	30s
	Resistance Band Tricep Extensions			12				16				14				17	
2	Supinated Bent Over Barbell Row	4	20,15,12,10	11	30s	4	20,15,12,10	15	30s	4	10,12,15,20	13	30s	4	10,12,15,20	18	30s

	E-Z Bar Cable Extension			12				16				14				17	
3	T-Bar Row	4	20,15,12,10	11	30s	4	20,15,12,10	15	30s	4	10,12,15,20	13	30s	4	10,12,15,20	18	30s
	Single Arm Rope Cable Tricep Extension			12				16				14				17	
4	Neutral Grip Lat Pull Down	4	20,15,12,10	11	30s	4	20,15,12,10	15	30s	4	10,12,15,20	13	30s	4	10,12,15,20	18	30s
	E-z Bar Skull Crusher			12				16				14				17	
5	Rack Pull	4	20,15,12,10	11	30s	4	20,15,12,10	15	30s	4	10,12,15,20	13	30s	4	10,12,15,20	18	30s
	Tricep Dumbbell Kickback			12				16				14				17	
6	Single Arm Hammer Strength Row	4	20,15,12,10	11	30s	4	20,15,12,10	15	30s	4	10,12,15,20	13	30s	4	10,12,15,20	18	30s
	Single Arm Tricep Extension			12				16				14				17	
7	Machine Row	4	20,15,12,10	11	30s	4	20,15,12,10	15	30s	4	10,12,15,20	13	30s	4	10,12,15,20	18	30s
	Dips			12				16				14				17	

Day 6		Week 1				Week 2				Week 3				Week 4			
Order	Exercise	Sets	Reps	RPE	Rest	Sets	Reps	RPE	Rest	Sets	Reps	RPE	Rest	Sets	Reps	RPE	Rest
Abdominal Movements																	
1	Decline Bench Sit-Up	3	8		30s	3	10		30s	3	14		30s	3	18		30s
2	Leg Hold	3	30s		30s	3	40s		30s	3	50s		30s	3	60s		30s
3	Good Mornings	3	10		30s	3	15		30s	3	20		30s	3	25		30s
Strength and Conditioning Movements																	
1	Flat Barbell Bench Press	4	20,15,12,10	11	30s	4	20,15,12,10	15	30s	4	10,12,15,20	13	30s	4	10,12,15,20	18	30s
	Spider Straight Bar Curl			12				16				14				17	
2	Incline Barbell Bench Press	4	20,15,12,10	11	30s	4	20,15,12,10	15	30s	4	10,12,15,20	13	30s	4	10,12,15,20	18	30s
	Hammer Curl			12				16				14				17	
3	Decline Barbell Bench Press	4	20,15,12,10	11	30s	4	20,15,12,10	15	30s	4	10,12,15,20	13	30s	4	10,12,15,20	18	30s
	Alternating Dumbbell Curl			12				16				14				17	
4	Single Arm Chest Machine Fly	4	20,15,12,10	11	30s	4	20,15,12,10	15	30s	4	10,12,15,20	13	30s	4	10,12,15,20	18	30s
	Standing E-z Bar Curl			12				16				14				17	
5	Cross Over Cable Chest Press	4	20,15,12,10	11	30s	4	20,15,12,10	15	30s	4	10,12,15,20	13	30s	4	10,12,15,20	18	30s
	Cable Straight Bar Curl			12				16				14				17	
6	Chest Machine Press	4	20,15,12,10	11	30s	4	20,15,12,10	15	30s	4	10,12,15,20	13	30s	4	10,12,15,20	18	30s
	Single Arm Preacher Curl			12				16				14				17	
7	Incline Chest Machine Press	4	20,15,12,10	11	30s	4	20,15,12,10	15	30s	4	10,12,15,20	13	30s	4	10,12,15,20	18	30s
	Preacher Pronated E-z Bar Curl			12				16				14				17	