

# TRAINING DAY 1

JC  
TRAINING

Month : \_\_\_\_\_

Week : \_\_\_\_\_

## Incline Dumbbell Press



Sets:

**5**

R e p e t i t i o n s

**10 - 10 - 10 - 8 - 8**

## Flat Bench Press



Sets:

**4**

R e p e t i t i o n s

**10 - 10 - 10 - 10**

## Decline Machine Press



Sets:

**4**

R e p e t i t i o n s

**12 - 12 - 10 - 10**

## Incline Dumbbell Flies



Sets:

**4**

R e p e t i t i o n s

**10 - 10 - 10 - 10**

## Parallel Bar Dips



Sets:

**4**

R e p e t i t i o n s

**20 - 20 - 15 - 15**

## Lateral Raises (Machine)



Sets:

**6**

R e p e t i t i o n s

**10 - 10 - 10 - 10 - 10 - 10**

## Calf Press (Leg Press)



Sets:

**6**

R e p e t i t i o n s

**15 - 15 - 15 - 12 - 12 - 12**

**GYM**  
**FITNESS**

J O S I A S . C A R D O N A 5 9 @ G M A I L . C O M



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# TRAINING DAY 2

JC  
TRAINING

Month : \_\_\_\_\_

Week : \_\_\_\_\_

## Pull-Ups (Supinated Grip)



Sets:

**5**

Repetitions

**15 - 15 - 15 - 15**

## Dumbbell Rows



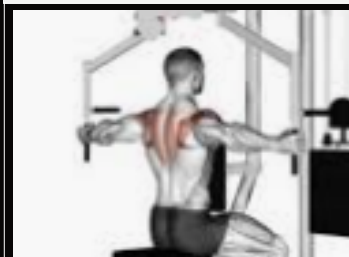
Sets:

**4**

Repetitions

**10 - 10 - 10 - 10**

## Rear Delt Machine (Reverse Fly)



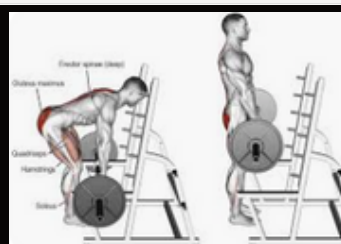
Sets:

**4**

Repetitions

**12 - 12 - 10 - 10**

## Partial Deadlift (Rack Pull)



Sets:

**4**

Repetitions

**10 - 10 - 8 - 8**



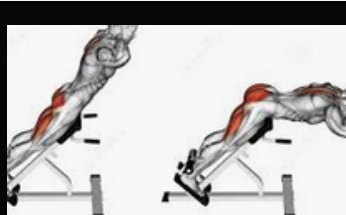
Sets:

**4**

Repetitions

**12 - 12 - 10 - 10**

## Hyperextensions



Sets:

**6**

Repetitions

**15 - 15 - 15 - 15**

## Leg Raises



Sets:

**6**

Repetitions

**25 - 25 - 25 - 25**



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# TRAINING DAY 3

JC  
TRAINING

Month : \_\_\_\_\_

Week : \_\_\_\_\_

## Barbell Z Curls



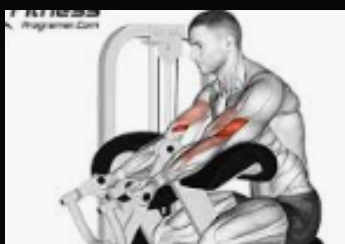
Sets:

**5**

Repetitions

**10 - 10 - 10 - 10**

## Machine Preacher Curls



Sets:

**4**

Repetitions

**12 - 12 - 10 - 10**

## Alternating Dumbbell Curls



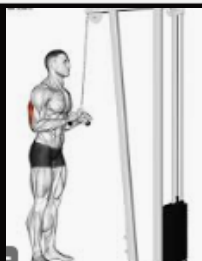
Sets:

**4**

Repetitions

**10 - 10 - 8 - 8 (Each Arm)**

## Triceps Pushdown (V-Bar)



Sets:

**5**

Repetitions

**12 - 10 - 10 - 8 - 8**

## Behind-the-Neck Dumbbell Triceps Extension



Sets:

**4**

Repetitions

**12 - 12 - 10 - 10**

## Machine Dips



Sets:

**5**

Repetitions

**15 - 15 - 12 - 12 - 10**



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# TRAINING DAY 4

JC  
TRAINING

Month : \_\_\_\_\_

Week : \_\_\_\_\_

## Jumping Jacks (Scissors)



Sets:

**4**

Repetitions

**30 - 30 - 30 - 30**

## Leg Extensions



Sets:

**4**

Repetitions

**15 - 12 - 10 - 8**

## Hack Squats



Sets:

**5**

Repetitions

**10 - 10 - 8 - 8 - 8**

## Leg Press (Feet High)



Sets:

**5**

Repetitions

**12 - 12 - 10 - 10 - 10**

## Smith Machine Lunges



Sets:

**4**

Repetitions

**10 - 10 - 8 - 8**

## Lying Leg Curl



Sets:

**4**

Repetitions

**10 - 10 - 8 - 8**

## Seated Calf Raises



Sets:

**6**

Repetitions

**15 - 15 - 12 - 12 - 10 - 10**



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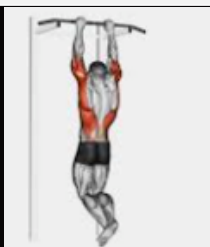
# TRAINING DAY 5

JC  
TRAINING

Month : \_\_\_\_\_

Week : \_\_\_\_\_

## Pull-Ups



Sets:

**4**

Repetitions

**15 - 15 - 15 - 15**

## Standing Barbell Military Press



Sets:

**4**

Repetitions

**12 - 12 - 10 - 10**

## Dumbbell Lateral Raises



Sets:

**6**

Repetitions

**10 - 10 - 10 - 10**

## Team Ventura Rows



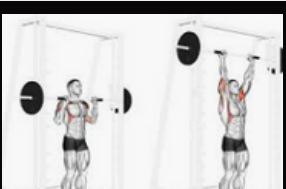
Sets:

**6**

Repetitions

**10 - 10 - 10 - 10 - 10 - 10**

## Smith Machine Military Press



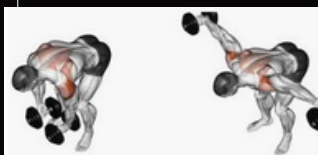
Sets:

**4**

Repetitions

**12 - 12 - 10 - 10**

## Seated Rear Delt Flys



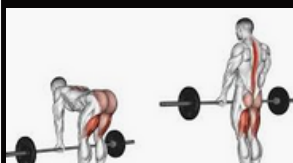
Sets:

**4**

Repetitions

**20 - 20 - 15 - 15**

## Conventional Deadlift



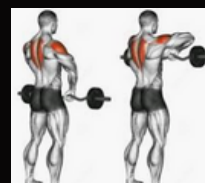
Sets:

**5**

Repetitions

**10 - 10 - 10 - 10 - 10**

## Barbell Upright Row



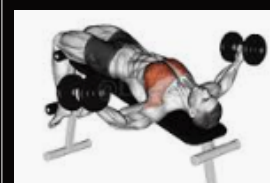
Sets:

**4**

Repetitions

**10 - 10 - 10 - 10**

## Decline Dumbbell Flys



Sets:

**5**

Repetitions

**10 - 10 - 10 - 10 - 10**



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