



Adonis Golden Ratio Training Program

**Category 1 - 12-Week Program
Primary Goal Muscle Building**

by John Barban

ADONIS GOLDEN RATIO TRAINING SYSTEMS

Category 1 – Primary Goal Muscle Gain

**12 Week Periodized Program For:
Maximum Muscle Mass Strength Power**

By John Barban

Muscle Building

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Week 1

Week 1 Day 1

Exercise	Sets	Reps	Rest
Squats	1	15	60 secs.
	2	12	90 secs.
	1	10	120 secs.
	5	7	180 secs.
Bench Press	1	15	60 secs.
	2	12	90 secs.
	1	10	120 secs.
	5	7	180 secs.

Notes:

Muscle Building

Week 1

Week 1 Day 2

Exercise	Sets	Reps	Rest
Chin Ups	4	12	90 secs.
One Arm Dumbbell Row	4	12	90 secs.
Standing Lateral Raise	4	12	90 secs.
Front Raise plate	4	12	90 secs.
Standing Alternate Dumbbell Curl	4	8	120 secs.
Incline Dumbbell Curls	4	8	120 secs.
Incline Tricep Extension	4	8	120 secs.
Tate Press	4	8	120 secs.

Notes:

Week 1

Week 1 Day 3

Exercise	Sets	Reps	Rest
Military Press	1	15	60 secs.
	2	12	90 secs.
	1	10	120 secs.
	5	7	180 secs.
Flat Dumbbell Press	4	8	120 secs.
Stiff Leg Deadlift	2	6	90 secs.
	2	6	90 secs.
	5	5	180 secs.

Notes:

Muscle Building

Week 1

Week 1 Day 4

Exercise	Sets	Reps	Rest
High Pull	4	12	90 secs.
Bent Lateral Raise	4	12	90 secs.
Wide Grip Pulldown	4	12	90 secs.
Low Pulley Row Wide Grip	4	12	90 secs.
Overhead Tricep Extension	4	8	120 secs.
Lying Tricep Extension	4	8	120 secs.
Barbell Curls	4	8	120 secs.
Hammer Curls	4	8	120 secs.

Notes:

Week 1

Week 1 Day 5

Exercise	Sets	Reps	Rest
Squats	1	15	60 secs.
	2	12	90 secs.
	1	10	120 secs.
	5	7	180 secs.
Incline Bench Press	1	15	60 secs.
	2	12	90 secs.
	1	10	120 secs.
	5	7	180 secs.

Week 1 Final Notes:

Muscle Building

Week 2

Week 2 Day 1

Exercise	Sets	Reps	Rest
Squats	1	15	60 secs.
	2	12	90 secs.
	1	10	120 secs.
	5	7	180 secs.
Bench Press	1	15	60 secs.
	2	12	90 secs.
	1	10	120 secs.
	5	7	180 secs.

Notes:



Week 2

Week 2 Day 2

Exercise	Sets	Reps	Rest
Chin Ups	4	12	90 secs.
One Arm Dumbbell Row	4	12	90 secs.
Standing Lateral Raise	4	12	90 secs.
Front Raise plate	4	12	90 secs.
Standing Alternate Dumbbell Curl	4	8	120 secs.
Incline Dumbbell Curls	4	8	120 secs.
Incline Tricep Extension	4	8	120 secs.
Tate Press	4	8	120 secs.

Notes:

Muscle Building

Week 2

Week 2 Day 3

Exercise	Sets	Reps	Rest
Military Press	1	15	60 secs.
	2	12	90 secs.
	1	10	120 secs.
	5	7	180 secs.
Flat Dumbbell Press	4	8	120 secs.
Stiff Leg Deadlift	2	6	90 secs.
	2	6	90 secs.
	5	5	180 secs.

Notes:



Week 2

Week 2 Day 4

Exercise	Sets	Reps	Rest
High Pull	4	12	90 secs.
Bent Lateral Raise	4	12	90 secs.
Wide Grip Pulldown	4	12	90 secs.
Low Pulley Row Wide Grip	4	12	90 secs.
Overhead Tricep Extension	4	8	120 secs.
Lying Tricep Extension	4	8	120 secs.
Barbell Curls	4	8	120 secs.
Hammer Curls	4	8	120 secs.

Notes:

Muscle Building

Week 2

Week 2 Day 5

Exercise	Sets	Reps	Rest
Squats	1	15	60 secs.
	2	12	90 secs.
	1	10	120 secs.
	5	7	180 secs.
Incline Bench Press	1	15	60 secs.
	2	12	90 secs.
	1	10	120 secs.
	5	7	180 secs.

Week 2 Final Notes:



Week 3

Week 3 Day 1

Exercise	Sets	Reps	Rest
Squats	1	15	60 secs.
	2	12	90 secs.
	1	10	120 secs.
	5	7	180 secs.
Bench Press	1	15	60 secs.
	2	12	90 secs.
	1	10	120 secs.
	5	7	180 secs.

Notes:

Muscle Building

Week 3

Week 3 Day 2

Exercise	Sets	Reps	Rest
Chin Ups	4	12	90 secs.
One Arm Dumbbell Row	4	12	90 secs.
Standing Lateral Raise	4	12	90 secs.
Front Raise plate	4	12	90 secs.
Standing Alternate Dumbbell Curl	4	8	120 secs.
Incline Dumbbell Curls	4	8	120 secs.
Incline Tricep Extension	4	8	120 secs.
Tate Press	4	8	120 secs.

Notes:

Week 3

Week 3 Day 3

Exercise	Sets	Reps	Rest
Military Press	1	15	60 secs.
	2	12	90 secs.
	1	10	120 secs.
	5	7	180 secs.
Flat Dumbbell Press	4	8	120 secs.
Stiff Leg Deadlift	2	6	90 secs.
	2	6	90 secs.
	5	5	180 secs.

Notes:

Muscle Building

Week 3

Week 3 Day 4

Exercise	Sets	Reps	Rest
High Pull	4	12	90 secs.
Bent Lateral Raise	4	12	90 secs.
Wide Grip Pulldown	4	12	90 secs.
Low Pulley Row Wide Grip	4	12	90 secs.
Overhead Tricep Extension	4	8	120 secs.
Lying Tricep Extension	4	8	120 secs.
Barbell Curls	4	8	120 secs.
Hammer Curls	4	8	120 secs.

Notes:

Week 3

Week 3 Day 5

Exercise	Sets	Reps	Rest
Squats	1	15	60 secs.
	2	12	90 secs.
	1	10	120 secs.
	5	7	180 secs.
Incline Bench Press	1	15	60 secs.
	2	12	90 secs.
	1	10	120 secs.
	5	7	180 secs.

Week 3 Final Notes:

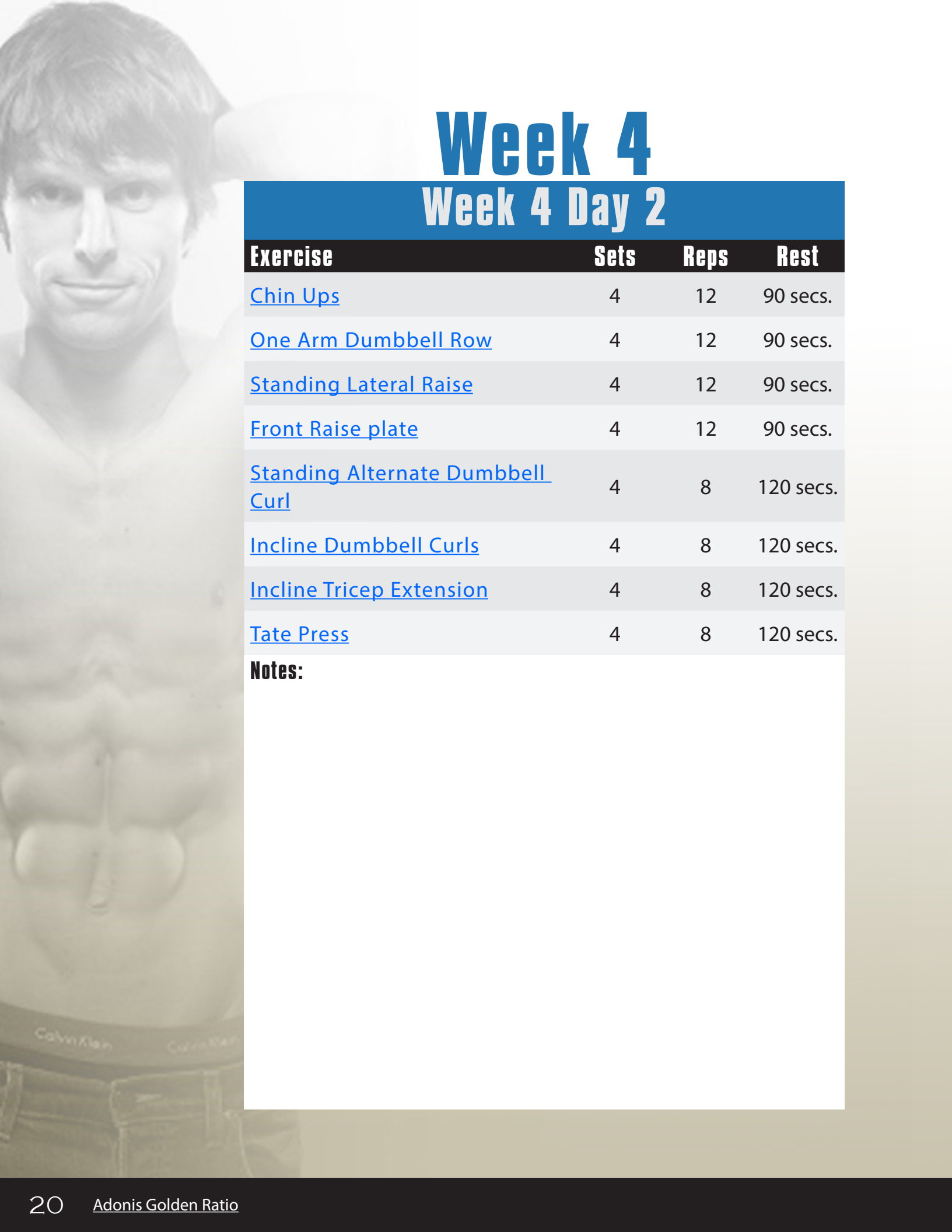
Muscle Building

Week 4

Week 4 Day 1

Exercise	Sets	Reps	Rest
Squats	1	15	60 secs.
	2	12	90 secs.
	1	10	120 secs.
	5	7	180 secs.
Bench Press	1	15	60 secs.
	2	12	90 secs.
	1	10	120 secs.
	5	7	180 secs.

Notes:



Week 4

Week 4 Day 2

Exercise	Sets	Reps	Rest
Chin Ups	4	12	90 secs.
One Arm Dumbbell Row	4	12	90 secs.
Standing Lateral Raise	4	12	90 secs.
Front Raise plate	4	12	90 secs.
Standing Alternate Dumbbell Curl	4	8	120 secs.
Incline Dumbbell Curls	4	8	120 secs.
Incline Tricep Extension	4	8	120 secs.
Tate Press	4	8	120 secs.

Notes:

Muscle Building

Week 4

Week 4 Day 3

Exercise	Sets	Reps	Rest
Military Press	1	15	60 secs.
	2	12	90 secs.
	1	10	120 secs.
	5	7	180 secs.
Flat Dumbbell Press	4	8	120 secs.
Stiff Leg Deadlift	2	6	90 secs.
	2	6	90 secs.
	5	5	180 secs.

Notes:



Week 4

Week 4 Day 4

Exercise	Sets	Reps	Rest
High Pull	4	12	90 secs.
Bent Lateral Raise	4	12	90 secs.
Wide Grip Pulldown	4	12	90 secs.
Low Pulley Row Wide Grip	4	12	90 secs.
Overhead Tricep Extension	4	8	120 secs.
Lying Tricep Extension	4	8	120 secs.
Barbell Curls	4	8	120 secs.
Hammer Curls	4	8	120 secs.

Notes:

Muscle Building

Week 4

Week 4 Day 5

Exercise	Sets	Reps	Rest
Squats	1	15	60 secs.
	2	12	90 secs.
	1	10	120 secs.
	5	7	180 secs.
Incline Bench Press	1	15	60 secs.
	2	12	90 secs.
	1	10	120 secs.
	5	7	180 secs.

Week 4 Final Notes:



Week 5

Week 5 Day 1

Exercise	Sets	Reps	Rest
Squats	1	15	60 secs.
	2	12	90 secs.
	1	10	120 secs.
	5	7	180 secs.
Bench Press	1	15	60 secs.
	2	12	90 secs.
	1	10	120 secs.
	5	7	180 secs.

Notes:

Muscle Building

Week 5

Week 5 Day 2

Exercise	Sets	Reps	Rest
Reverse Grip Pulldown	4	10	90 secs.
Low Pulley Row Wide Grip	4	10	90 secs.
Seated Lateral Raises	4	10	90 secs.
Bent Lateral Raise	4	10	90 secs.
Seated Dumbbell Curls	4	10	90 secs.
Concentration Curls	4	10	90 secs.
Tricep Rope Pushdowns	4	10	90 secs.
Lying Tricep Extension	4	10	90 secs.

Notes:

Week 5

Week 5 Day 3

Exercise	Sets	Reps	Rest
Military Press	1	15	60 secs.
	2	12	90 secs.
	1	10	120 secs.
	5	7	180 secs.
Flat Dumbbell Press	4	10	120 secs.
Stiff Leg Deadlift	2	8	90 secs.
	2	6	90 secs.
	5	5	180 secs.

Notes:

Muscle Building

Week 5

Week 5 Day 4

Exercise	Sets	Reps	Rest
Dumbbell Upright Row	4	10	90 secs.
One Arm Lateral Raises	4	10	90 secs.
One Arm Dumbbell Row	4	10	90 secs.
Chin Ups	4	10	90 secs.
Tate Press	4	10	90 secs.
Dips	4	10	90 secs.
Cable Curls	4	10	90 secs.
Reverse Curls	4	10	90 secs.

Notes:

Week 5

Week 5 Day 5

Exercise	Sets	Reps	Rest
Squats	1	15	60 secs.
	2	10	90 secs.
	1	8	120 secs.
	5	5	180 secs.
Incline Bench Press	1	15	60 secs.
	2	10	90 secs.
	1	8	120 secs.
	5	5	180 secs.

Week 5 Final Notes:

Muscle Building

Week 6

Week 6 Day 1

Exercise	Sets	Reps	Rest
Squats	1	15	60 secs.
	2	10	90 secs.
	1	8	120 secs.
	5	5	180 secs.
Bench Press	1	15	60 secs.
	2	10	90 secs.
	1	8	120 secs.
	5	5	180 secs.

Notes:

Week 6

Week 6 Day 2

Exercise	Sets	Reps	Rest
Reverse Grip Pulldown	4	10	90 secs.
Low Pulley Row Wide Grip	4	10	90 secs.
Seated Lateral Raises	4	10	90 secs.
Bent Lateral Raise	4	10	90 secs.
Seated Dumbbell Curls	4	10	90 secs.
Concentration Curls	4	10	90 secs.
Tricep Rope Pushdowns	4	10	90 secs.
Lying Tricep Extension	4	10	90 secs.

Notes:

Muscle Building

Week 6

Week 6 Day 3

Exercise	Sets	Reps	Rest
Military Press	1	15	60 secs.
	2	12	90 secs.
	1	10	120 secs.
	5	7	180 secs.
Flat Dumbbell Press	4	10	120 secs.
Stiff Leg Deadlift	2	8	90 secs.
	2	6	90 secs.
	5	5	180 secs.

Notes:



Week 6

Week 6 Day 4

Exercise	Sets	Reps	Rest
Dumbbell Upright Row	4	10	90 secs.
One Arm Lateral Raises	4	10	90 secs.
One Arm Dumbbell Row	4	10	90 secs.
Chin Ups	4	10	90 secs.
Tate Press	4	10	90 secs.
Dips	4	10	90 secs.
Cable Curls	4	10	90 secs.
Reverse Curls	4	10	90 secs.

Notes:

Muscle Building

Week 6

Week 6 Day 5

Exercise	Sets	Reps	Rest
Squats	1	15	60 secs.
	2	10	90 secs.
	1	8	120 secs.
	5	5	180 secs.
Incline Bench Press	1	15	60 secs.
	2	10	90 secs.
	1	8	120 secs.
	5	5	180 secs.

Week 6 Final Notes:

Week 7

Week 7 Day 1

Exercise	Sets	Reps	Rest
Squats	1	15	60 secs.
	2	10	90 secs.
	1	8	120 secs.
	5	5	180 secs.
Bench Press	1	15	60 secs.
	2	10	90 secs.
	1	8	120 secs.
	5	5	180 secs.

Notes:

Muscle Building

Week 7

Week 7 Day 2

Exercise	Sets	Reps	Rest
Reverse Grip Pulldown	4	10	90 secs.
Low Pulley Row Wide Grip	4	10	90 secs.
Seated Lateral Raises	4	10	90 secs.
Bent Lateral Raise	4	10	90 secs.
Seated Dumbbell Curls	4	10	90 secs.
Concentration Curls	4	10	90 secs.
Tricep Rope Pushdowns	4	10	90 secs.
Lying Tricep Extension	4	10	90 secs.

Notes:

Week 7

Week 7 Day 3

Exercise	Sets	Reps	Rest
Military Press	1	15	60 secs.
	2	12	90 secs.
	1	10	120 secs.
	5	7	180 secs.
Flat Dumbbell Press	4	10	120 secs.
Stiff Leg Deadlift	2	8	90 secs.
	2	6	90 secs.
	5	5	180 secs.

Notes:

Muscle Building

Week 7

Week 7 Day 4

Exercise	Sets	Reps	Rest
Dumbbell Upright Row	4	10	90 secs.
One Arm Lateral Raises	4	10	90 secs.
One Arm Dumbbell Row	4	10	90 secs.
Chin Ups	4	10	90 secs.
Tate Press	4	10	90 secs.
Dips	4	10	90 secs.
Cable Curls	4	10	90 secs.
Reverse Curls	4	10	90 secs.

Notes:

Week 7

Week 7 Day 5

Exercise	Sets	Reps	Rest
Squats	1	15	60 secs.
	2	10	90 secs.
	1	8	120 secs.
	5	5	180 secs.
Incline Bench Press	1	15	60 secs.
	2	10	90 secs.
	1	8	120 secs.
	5	5	180 secs.

Week 7 Final Notes:

Muscle Building

Week 8

Week 8 Day 1

Exercise	Sets	Reps	Rest
Squats	1	15	60 secs.
	2	10	90 secs.
	1	8	120 secs.
	5	5	180 secs.
Bench Press	1	15	60 secs.
	2	10	90 secs.
	1	8	120 secs.
	5	5	180 secs.

Notes:



Week 8

Week 8 Day 2

Exercise	Sets	Reps	Rest
Reverse Grip Pulldown	4	10	90 secs.
Low Pulley Row Wide Grip	4	10	90 secs.
Seated Lateral Raises	4	10	90 secs.
Bent Lateral Raise	4	10	90 secs.
Seated Dumbbell Curls	4	10	90 secs.
Concentration Curls	4	10	90 secs.
Tricep Rope Pushdowns	4	10	90 secs.
Lying Tricep Extension	4	10	90 secs.

Notes:

Muscle Building

Week 8

Week 8 Day 3

Exercise	Sets	Reps	Rest
Military Press	1	15	60 secs.
	2	12	90 secs.
	1	10	120 secs.
	5	7	180 secs.
Flat Dumbbell Press	4	10	120 secs.
Stiff Leg Deadlift	2	8	90 secs.
	2	6	90 secs.
	5	5	180 secs.

Notes:

Week 8

Week 8 Day 4

Exercise	Sets	Reps	Rest
Dumbbell Upright Row	4	10	90 secs.
One Arm Lateral Raises	4	10	90 secs.
One Arm Dumbbell Row	4	10	90 secs.
Chin Ups	4	10	90 secs.
Tate Press	4	10	90 secs.
Dips	4	10	90 secs.
Cable Curls	4	10	90 secs.
Reverse Curls	4	10	90 secs.

Notes:

Muscle Building

Week 8

Week 8 Day 5

Exercise	Sets	Reps	Rest
Squats	1	15	60 secs.
	2	10	90 secs.
	1	8	120 secs.
	5	5	180 secs.
Incline Bench Press	1	15	60 secs.
	2	10	90 secs.
	1	8	120 secs.
	5	5	180 secs.

Week 6 Final Notes:

Week 9

Week 9 Day 1

Exercise	Sets	Reps	Rest
Squats	1	12	60 secs.
	2	8	90 secs.
	1	6	120 secs.
	5	3	180 secs.
Bench Press	1	12	60 secs.
	2	8	90 secs.
	1	6	120 secs.
	5	3	180 secs.

Notes:

Muscle Building

Week 9

Week 9 Day 2

Exercise	Sets	Reps	Rest
One Arm Dumbbell Row	4	8	120 secs.
Chin Ups	4	8	120 secs.
Bent Lateral Raise	4	12	90 secs.
Front Raise plate	4	12	90 secs.
Barbell Curls	4	12	90 secs.
Standing Dumbbell Curls	4	12	90 secs.
Lying Tricep Extension	4	12	90 secs.
Tricep Rope Pushdowns	4	12	90 secs.

Notes:

Week 9

Week 9 Day 3

Exercise	Sets	Reps	Rest
Military Press	1	15	60 secs.
	2	12	90 secs.
	1	10	120 secs.
	5	7	180 secs.
Flat Dumbbell Press	4	12	120 secs.
Stiff Leg Deadlift	2	8	90 secs.
	2	6	90 secs.
	5	3	180 secs.

Notes:

Muscle Building

Week 9

Week 9 Day 4

Exercise	Sets	Reps	Rest
Dumbbell Upright Row	4	10	90 secs.
One Arm Lateral Raises	4	10	90 secs.
One Arm Dumbbell Row	4	8	120 secs.
Chin Ups	4	8	120 secs.
Tate Press	4	12	90 secs.
Dips	4	12	90 secs.
Cable Curls	4	12	90 secs.
Reverse Curls	4	12	90 secs.

Notes:

Week 9

Week 9 Day 5

Exercise	Sets	Reps	Rest
Squats	1	12	60 secs.
	2	8	90 secs.
	1	6	120 secs.
	5	3	180 secs.
Incline Bench Press	1	12	60 secs.
	2	8	90 secs.
	1	6	120 secs.
	5	3	180 secs.

Week 9 Final Notes:

Muscle Building

Week 10

Week 10 Day 1

Exercise	Sets	Reps	Rest
Squats	1	12	60 secs.
	2	8	90 secs.
	1	6	120 secs.
	5	3	180 secs.
Bench Press	1	12	60 secs.
	2	8	90 secs.
	1	6	120 secs.
	5	3	180 secs.

Notes:

Week 10

Week 10 Day 2

Exercise	Sets	Reps	Rest
One Arm Dumbbell Row	4	8	120 secs.
Chin Ups	4	8	120 secs.
Bent Lateral Raise	4	10	90 secs.
Front Raise plate	4	10	90 secs.
Barbell Curls	4	12	90 secs.
Standing Dumbbell Curls	4	12	90 secs.
Lying Tricep Extension	4	12	90 secs.
Tricep Rope Pushdowns	4	12	90 secs.

Notes:

Muscle Building

Week 10

Week 10 Day 3

Exercise	Sets	Reps	Rest
Military Press	1	15	60 secs.
	2	12	90 secs.
	1	10	120 secs.
	5	7	180 secs.
Flat Dumbbell Press	4	12	120 secs.
Stiff Leg Deadlift	2	8	90 secs.
	2	6	90 secs.
	5	3	180 secs.

Notes:

Week 10

Week 10 Day 4

Exercise	Sets	Reps	Rest
Dumbbell Upright Row	4	10	90 secs.
One Arm Lateral Raises	4	10	90 secs.
One Arm Dumbbell Row	4	8	120 secs.
Chin Ups	4	8	120 secs.
Tate Press	4	12	90 secs.
Dips	4	12	90 secs.
Cable Curls	4	12	90 secs.
Reverse Curls	4	12	90 secs.

Notes:

Muscle Building

Week 10

Week 10 Day 5

Exercise	Sets	Reps	Rest
Squats	1	12	60 secs.
	2	8	90 secs.
	1	6	120 secs.
	5	3	180 secs.
Incline Bench Press	1	12	60 secs.
	2	8	90 secs.
	1	6	120 secs.
	5	3	180 secs.

Week 10 Final Notes:



Week 11

Week 11 Day 1

Exercise	Sets	Reps	Rest
Squats	1	12	60 secs.
	2	8	90 secs.
	1	6	120 secs.
	5	3	180 secs.
Bench Press	1	12	60 secs.
	2	8	90 secs.
	1	6	120 secs.
	5	3	180 secs.

Notes:

Muscle Building

Week 11

Week 11 Day 2

Exercise	Sets	Reps	Rest
One Arm Dumbbell Row	4	8	120 secs.
Chin Ups	4	8	120 secs.
Bent Lateral Raise	4	12	90 secs.
Front Raise plate	4	12	90 secs.
Barbell Curls	4	12	90 secs.
Standing Dumbbell Curls	4	12	90 secs.
Lying Tricep Extension	4	12	90 secs.
Tricep Rope Pushdowns	4	12	90 secs.

Notes:

Week 11

Week 11 Day 3

Exercise	Sets	Reps	Rest
Military Press	1	15	60 secs.
	2	12	90 secs.
	1	10	120 secs.
	5	7	180 secs.
Flat Dumbbell Press	4	12	120 secs.
Stiff Leg Deadlift	2	8	90 secs.
	2	6	90 secs.
	5	3	180 secs.

Notes:

Muscle Building

Week 11

Week 11 Day 4

Exercise	Sets	Reps	Rest
Dumbbell Upright Row	4	10	90 secs.
One Arm Lateral Raises	4	10	90 secs.
One Arm Dumbbell Row	4	8	120 secs.
Chin Ups	4	8	120 secs.
Tate Press	4	12	90 secs.
Dips	4	12	90 secs.
Cable Curls	4	12	90 secs.
Reverse Curls	4	12	90 secs.

Notes:

Week 11

Week 11 Day 5

Exercise	Sets	Reps	Rest
Squats	1	12	60 secs.
	2	8	90 secs.
	1	6	120 secs.
	5	3	180 secs.
Incline Bench Press	1	12	60 secs.
	2	8	90 secs.
	1	6	120 secs.
	5	3	180 secs.

Week 11 Final Notes:

Muscle Building

Week 12

Week 12 Day 1

Exercise	Sets	Reps	Rest
Squats	1	12	60 secs.
	2	8	90 secs.
	1	6	120 secs.
	5	3	180 secs.
Bench Press	1	12	60 secs.
	2	8	90 secs.
	1	6	120 secs.
	5	3	180 secs.

Notes:

Week 12

Week 12 Day 2

Exercise	Sets	Reps	Rest
One Arm Dumbbell Row	4	8	120 secs.
Chin Ups	4	8	120 secs.
Bent Lateral Raise	4	10	90 secs.
Front Raise plate	4	10	90 secs.
Barbell Curls	4	12	90 secs.
Standing Dumbbell Curls	4	12	90 secs.
Lying Tricep Extension	4	12	90 secs.
Tricep Rope Pushdowns	4	12	90 secs.

Notes:

Muscle Building

Week 12

Week 12 Day 3

Exercise	Sets	Reps	Rest
Military Press	1	15	60 secs.
	2	12	90 secs.
	1	10	120 secs.
	5	7	180 secs.
Flat Dumbbell Press	4	12	120 secs.
Stiff Leg Deadlift	2	8	90 secs.
	2	6	90 secs.
	5	3	180 secs.

Notes:

Week 12

Week 12 Day 4

Exercise	Sets	Reps	Rest
Dumbbell Upright Row	4	10	90 secs.
One Arm Lateral Raises	4	10	90 secs.
One Arm Dumbbell Row	4	8	120 secs.
Chin Ups	4	8	120 secs.
Tate Press	4	12	90 secs.
Dips	4	12	90 secs.
Cable Curls	4	12	90 secs.
Reverse Curls	4	12	90 secs.

Notes:

Muscle Building

Week 12

Week 12 Day 5

Exercise	Sets	Reps	Rest
Squats	1	12	60 secs.
	2	8	90 secs.
	1	6	120 secs.
	5	3	180 secs.
Incline Bench Press	1	12	60 secs.
	2	8	90 secs.
	1	6	120 secs.
	5	3	180 secs.

Week 12 Final Notes: