

PURPLE WORKOUTS

-Dumbbells, only-

Set One					Set Two				
#	Exercise	Reps	Sets	Rest (s)	#	Exercise	Reps	Sets	Rest
1	Squats	10	2	30	1	Squat Press	10	2	30
2	Push-Ups	10	2	30	2	Push-Ups/ Knee Lifts	10/10	2	30
3	Front Raises	10	2	30	3	Overhead Tricep Press	10	2	30
4	Arm Curls	10	2	30	4	Lateral Raises	10	2	30
5	DB Twists	20	2	30	5	Laying Ladder Drill	20	2	30
Set Three					Set Four				
#	Exercise	Reps	Sets	Rest	#	Exercise	Reps	Sets	Rest
1	Dead Lifts	10	2	30	1	Goblet Squats	10	2	30
2	Push-Ups/ Alt Pull-Ups	5/5	2	30	2	Alt Shoulder Press	20	2	60
3	Standing Twists	10	2	30	3	DB Shruggs	20	2	30
4	Alt Arm Curls	20	2	30	4	Push -Ups: In/Outs	5/5	2	30
5	V-Crunch	20	2	30	5	Supermans	20	2	30
Set Five					Set Six				
#	Exercise	Reps	Sets	Rest	#	Exercise	Reps	Sets	Rest
1	Arm Curls/ Arnold Press	10/10	2	30	1	Clean Press	10	2	30
2	Golf Swings	20	2	30	2	Seated Shoulder Press	5	2	30
3	Laying Flyes	10	2	30	3	Running Arms	30	2	30
4	Paddling Drill	20	2	30	4	Push-Ups/ Supermans	10/20	2	30
5	Side Dips	5/5	2	15	5	Alt Crunches	20	2	30
Set Seven					Set Eight				
#	Exercise	Reps	Sets	Rest	#	Exercise	Reps	Sets	Rest
1	½ Lunges	5/5	2	30	1	BB Clean Press	10	2	30
2	Frontal Raises	10	2	30	2	BB Push-Ups	10	2	30
3	Laying Pull overs	10	2	30	3	BB Bar Snap Pulls	10	2	30
4	Standing Rear Ext	10	2	30	4	Plate Twists/ Ladders	20/20	2	30
5	Dog Extensions	10/10	2	30	5	Bench Extensions	10	2	30

Follow the Plan.

Yes, you can train every day, however, if you enjoy structure, practice 'workout' one on the first Monday (as listed), 'workout' two on the first Wednesday, and so on...

Challenge yourself. Finish the 12-week course.

The benefits will be extra-ordinary!

Your 12-Week Program							
Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	One		Two		Three	Four	
2	Five		Six		Seven	Eight	
3	One		Two		Three	Four	
4	Five		Six		Seven	Eight	
5	One	Two	Three		Four		Five
6	Six		Seven		Eight		One
7	One	Two	Three		Four		Five
8	Six		Seven		Eight		One
9	Two	Three		Four	Five	Six	
10	Seven		Eight	One	Two	Three	
11	Four	Five	Six	Seven	Eight	One	Two
12	Three	Four	Five	Six	Seven	Eight	One