



Here are the instructions for the Adaptive Workout Builder:

Your 12-week training program is provided below. This program was generated based on the information you provided about your training goals, experience, and current strength levels.

To chat with the program, scroll down to the bottom of your program and press "next" to bring up the chat feature. You can use the chat to:

- Ask for your workout routine for a specific week
- Request exercise technique tips or exercise substitutions
- Get information about your training volume, intensity, or other metrics

Some example questions you can ask:

- "Can you show me my routine for week 2?"
- "What tips do you have for improving my squat form?"
- "What is my total volume load for week 3?"

Feel free to chat with the program anytime to get the support you need to optimize your training and reach your goals. Let me know if you have any other questions!

Week 1: Hypertrophy Phase

Session 1 - Monday, April 15, 2024

| Exercise | Sets | Reps | Weight |
|------------------------------|------|------|---------|
| Barbell Bench Press | 3 | 12 | 180 lbs |
| Incline Dumbbell Bench Press | 3 | 12 | 120 lbs |
| Dumbbell Flys | 3 | 12 | 40 lbs |
| Dumbbell Lateral Raise | 3 | 12 | 25 lbs |
| Tricep Pushdown | 3 | 12 | 60 lbs |

Cardio: Cycle for 30 minutes

Session 2 - Tuesday, April 16, 2024

| Exercise | Sets | Reps | Weight |
|-------------------------|-------------|-------------|---------------|
| Barbell Deadlift | 3 | 12 | 300 lbs |
| Lat Pulldown | 3 | 12 | 120 lbs |
| Seated Cable Row | 3 | 12 | 120 lbs |
| Dumbbell Single-Arm Row | 3 | 12 | 80 lbs |
| Barbell Curl | 3 | 12 | 80 lbs |

Cardio: Cycle for 30 minutes

Session 3 - Thursday, April 18, 2024

| Exercise | Sets | Reps | Weight |
|-----------------------|-------------|-------------|---------------|
| Barbell Back Squat | 3 | 12 | 240 lbs |
| Leg Press | 3 | 12 | 480 lbs |
| Romanian Deadlift | 3 | 12 | 160 lbs |
| Leg Curl | 3 | 12 | 80 lbs |
| Calf Raise (Standing) | 3 | 12 | 120 lbs |

Cardio: Cycle for 30 minutes

Session 4 - Friday, April 19, 2024

| Exercise | Sets | Reps | Weight |
|------------------------|-------------|-------------|---------------|
| Barbell Shoulder Press | 3 | 12 | 120 lbs |

| Exercise | Sets | Reps | Weight |
|------------------------|-------------|-------------|---------------|
| Arnold Press | 3 | 12 | 100 lbs |
| Dumbbell Lateral Raise | 3 | 12 | 25 lbs |
| Face Pull | 3 | 12 | 40 lbs |
| Cable Tricep Extension | 3 | 12 | 60 lbs |

Cardio: Cycle for 30 minutes

Additional Cardio Session - Sunday, April 21, 2024 Cardio: Cycle for 30 minutes

Sure, here's the adapted training program with the progressions for Weeks 2-4:

Week 2: Hypertrophy Phase

Session 1 - Monday, April 22, 2024

| Exercise | Sets | Reps | Weight |
|------------------------------|-------------|-------------|---------------|
| Barbell Bench Press | 3 | 10 | 195 lbs |
| Incline Dumbbell Bench Press | 3 | 10 | 130 lbs |
| Dumbbell Flys | 3 | 10 | 45 lbs |
| Dumbbell Lateral Raise | 3 | 10 | 30 lbs |
| Tricep Pushdown | 3 | 10 | 70 lbs |

Cardio: Cycle for 35 minutes

Session 2 - Tuesday, April 23, 2024

| Exercise | Sets | Reps | Weight |
|------------------|-------------|-------------|---------------|
| Barbell Deadlift | 3 | 10 | 325 lbs |

| Exercise | Sets | Reps | Weight |
|-------------------------|-------------|-------------|---------------|
| Lat Pulldown | 3 | 10 | 130 lbs |
| Seated Cable Row | 3 | 10 | 130 lbs |
| Dumbbell Single-Arm Row | 3 | 10 | 90 lbs |
| Barbell Curl | 3 | 10 | 90 lbs |

Cardio: Cycle for 35 minutes

Session 3 - Thursday, April 25, 2024

| Exercise | Sets | Reps | Weight |
|-----------------------|-------------|-------------|---------------|
| Barbell Back Squat | 3 | 10 | 260 lbs |
| Leg Press | 3 | 10 | 520 lbs |
| Romanian Deadlift | 3 | 10 | 175 lbs |
| Leg Curl | 3 | 10 | 90 lbs |
| Calf Raise (Standing) | 3 | 10 | 135 lbs |

Cardio: Cycle for 35 minutes

Session 4 - Friday, April 26, 2024

| Exercise | Sets | Reps | Weight |
|------------------------|-------------|-------------|---------------|
| Barbell Shoulder Press | 3 | 10 | 130 lbs |
| Arnold Press | 3 | 10 | 110 lbs |
| Dumbbell Lateral Raise | 3 | 10 | 30 lbs |

| Exercise | Sets | Reps | Weight |
|------------------------|-------------|-------------|---------------|
| Face Pull | 3 | 10 | 45 lbs |
| Cable Tricep Extension | 3 | 10 | 70 lbs |

Cardio: Cycle for 35 minutes

Additional Cardio Session - Sunday, April 28, 2024 Cardio: Cycle for 35 minutes

Week 3: Hypertrophy Phase

Session 1 - Monday, April 29, 2024

| Exercise | Sets | Reps | Weight |
|------------------------------|-------------|-------------|---------------|
| Barbell Bench Press | 4 | 8 | 210 lbs |
| Incline Dumbbell Bench Press | 4 | 8 | 140 lbs |
| Dumbbell Flys | 4 | 8 | 50 lbs |
| Dumbbell Lateral Raise | 4 | 8 | 35 lbs |
| Tricep Pushdown | 4 | 8 | 80 lbs |

Cardio: Cycle for 40 minutes

Session 2 - Tuesday, April 30, 2024

| Exercise | Sets | Reps | Weight |
|-------------------------|-------------|-------------|---------------|
| Barbell Deadlift | 4 | 8 | 350 lbs |
| Lat Pulldown | 4 | 8 | 140 lbs |
| Seated Cable Row | 4 | 8 | 140 lbs |
| Dumbbell Single-Arm Row | 4 | 8 | 100 lbs |

| Exercise | Sets | Reps | Weight |
|-----------------|-------------|-------------|---------------|
| Barbell Curl | 4 | 8 | 100 lbs |

Cardio: Cycle for 40 minutes

Session 3 - Thursday, May 2, 2024

| Exercise | Sets | Reps | Weight |
|-----------------------|-------------|-------------|---------------|
| Barbell Back Squat | 4 | 8 | 280 lbs |
| Leg Press | 4 | 8 | 560 lbs |
| Romanian Deadlift | 4 | 8 | 190 lbs |
| Leg Curl | 4 | 8 | 100 lbs |
| Calf Raise (Standing) | 4 | 8 | 150 lbs |

Cardio: Cycle for 40 minutes

Session 4 - Friday, May 3, 2024

| Exercise | Sets | Reps | Weight |
|------------------------|-------------|-------------|---------------|
| Barbell Shoulder Press | 4 | 8 | 140 lbs |
| Arnold Press | 4 | 8 | 120 lbs |
| Dumbbell Lateral Raise | 4 | 8 | 35 lbs |
| Face Pull | 4 | 8 | 50 lbs |
| Cable Tricep Extension | 4 | 8 | 80 lbs |

Cardio: Cycle for 40 minutes

Additional Cardio Session - Sunday, May 5, 2024 Cardio: Cycle for 40 minutes

Week 4: Hypertrophy Phase

Session 1 - Monday, May 6, 2024

| Exercise | Sets | Reps | Weight |
|------------------------------|-------------|-------------|---------------|
| Barbell Bench Press | 1 | 8 | 225 lbs |
| Incline Dumbbell Bench Press | 1 | 8 | 150 lbs |
| Dumbbell Flys | 1 | 8 | 55 lbs |
| Dumbbell Lateral Raise | 1 | 8 | 40 lbs |
| Tricep Pushdown | 1 | 8 | 90 lbs |

Cardio: Cycle for 45 minutes

Session 2 - Tuesday, May 7, 2024

| Exercise | Sets | Reps | Weight |
|-------------------------|-------------|-------------|---------------|
| Barbell Deadlift | 1 | 8 | 375 lbs |
| Lat Pulldown | 1 | 8 | 150 lbs |
| Seated Cable Row | 1 | 8 | 150 lbs |
| Dumbbell Single-Arm Row | 1 | 8 | 110 lbs |
| Barbell Curl | 1 | 8 | 110 lbs |

Cardio: Cycle for 45 minutes

Session 3 - Thursday, May 9, 2024

| Exercise | Sets | Reps | Weight |
|--------------------|-------------|-------------|---------------|
| Barbell Back Squat | 1 | 8 | 300 lbs |

| Exercise | Sets | Reps | Weight |
|-----------------------|-------------|-------------|---------------|
| Leg Press | 1 | 8 | 600 lbs |
| Romanian Deadlift | 1 | 8 | 205 lbs |
| Leg Curl | 1 | 8 | 110 lbs |
| Calf Raise (Standing) | 1 | 8 | 165 lbs |

Cardio: Cycle for 45 minutes

Session 4 - Friday, May 10, 2024

| Exercise | Sets | Reps | Weight |
|------------------------|-------------|-------------|---------------|
| Barbell Shoulder Press | 1 | 8 | 150 lbs |
| Arnold Press | 1 | 8 | 130 lbs |
| Dumbbell Lateral Raise | 1 | 8 | 40 lbs |
| Face Pull | 1 | 8 | 55 lbs |
| Cable Tricep Extension | 1 | 8 | 90 lbs |

Cardio: Cycle for 45 minutes

Additional Cardio Session - Sunday, May 12, 2024 Cardio: Cycle for 45 minutes

Week 5 - Strength Phase

Session 1 - Monday, April 17, 2023

| Exercise | Sets | Reps | Weight |
|-----------------|-------------|-------------|---------------|
| Squat | 3 | 5 | 330 lbs |
| Leg Press | 3 | 10 | 270 lbs |

| Exercise | Sets | Reps | Weight |
|-----------------|-------------|-------------|---------------|
| Leg Extension | 3 | 10 | 130 lbs |
| Leg Curl | 3 | 10 | 130 lbs |
| Calf Raises | 3 | 10 | 180 lbs |

Cardio: Cycle for 30 minutes

Session 2 - Tuesday, April 18, 2023

| Exercise | Sets | Reps | Weight |
|-------------------------|-------------|-------------|---------------|
| Bench Press | 3 | 5 | 245 lbs |
| Incline Dumbbell Press | 3 | 10 | 75 lbs |
| Dumbbell Flyes | 3 | 10 | 40 lbs |
| Tricep Pushdowns | 3 | 10 | 60 lbs |
| Dumbbell Lateral Raises | 3 | 10 | 25 lbs |

Cardio: Cycle for 30 minutes

Session 3 - Thursday, April 20, 2023

| Exercise | Sets | Reps | Weight |
|-------------------|-------------|-------------|---------------|
| Deadlift | 3 | 5 | 410 lbs |
| Barbell Rows | 3 | 10 | 160 lbs |
| Lat Pulldowns | 3 | 10 | 130 lbs |
| Seated Cable Rows | 3 | 10 | 130 lbs |

| Exercise | Sets | Reps | Weight |
|-----------------|-------------|-------------|---------------|
| Dumbbell Curls | 3 | 10 | 35 lbs |

Cardio: Cycle for 30 minutes

Session 4 - Friday, April 21, 2023

| Exercise | Sets | Reps | Weight |
|-------------------------|-------------|-------------|---------------|
| Overhead Press | 3 | 5 | 165 lbs |
| Dumbbell Shoulder Press | 3 | 10 | 50 lbs |
| Face Pulls | 3 | 10 | 60 lbs |
| Dumbbell Shrugs | 3 | 10 | 80 lbs |
| Cable Crunches | 3 | 10 | 100 lbs |

Cardio: Cycle for 30 minutes

Additional Cardio Session - Wednesday, April 19, 2023 Cycle for 30 minutes

Rest periods: Take 2-3 minutes of rest between sets for main lifts and 1-2 minutes for assistance exercises.

Warm-up: Perform 5-10 minutes of light cardio and dynamic stretching before each session.

Cool-down: End each session with 5-10 minutes of static stretching, focusing on the muscle groups trained.

Week 6

Session 1 - Monday, April 24, 2023

| Exercise | Sets | Reps | Weight |
|-----------------|-------------|-------------|---------------|
| Squat | 3 | 4 | 360 lbs |

| Exercise | Sets | Reps | Weight |
|-----------------|-------------|-------------|---------------|
| Leg Press | 3 | 10 | 270 lbs |
| Leg Extension | 3 | 10 | 130 lbs |
| Leg Curl | 3 | 10 | 130 lbs |
| Calf Raises | 3 | 10 | 180 lbs |

Cardio: Cycle for 35 minutes

Session 2 - Tuesday, April 25, 2023

| Exercise | Sets | Reps | Weight |
|-------------------------|-------------|-------------|---------------|
| Bench Press | 3 | 4 | 265 lbs |
| Incline Dumbbell Press | 3 | 10 | 75 lbs |
| Dumbbell Flyes | 3 | 10 | 40 lbs |
| Tricep Pushdowns | 3 | 10 | 60 lbs |
| Dumbbell Lateral Raises | 3 | 10 | 25 lbs |

Cardio: Cycle for 35 minutes

Session 3 - Thursday, April 27, 2023

| Exercise | Sets | Reps | Weight |
|-----------------|-------------|-------------|---------------|
| Deadlift | 3 | 4 | 445 lbs |
| Barbell Rows | 3 | 10 | 160 lbs |
| Lat Pulldowns | 3 | 10 | 130 lbs |

| Exercise | Sets | Reps | Weight |
|-------------------|-------------|-------------|---------------|
| Seated Cable Rows | 3 | 10 | 130 lbs |
| Dumbbell Curls | 3 | 10 | 35 lbs |

Cardio: Cycle for 35 minutes

Session 4 - Friday, April 28, 2023

| Exercise | Sets | Reps | Weight |
|-------------------------|-------------|-------------|---------------|
| Overhead Press | 3 | 4 | 180 lbs |
| Dumbbell Shoulder Press | 3 | 10 | 50 lbs |
| Face Pulls | 3 | 10 | 60 lbs |
| Dumbbell Shrugs | 3 | 10 | 80 lbs |
| Cable Crunches | 3 | 10 | 100 lbs |

Cardio: Cycle for 35 minutes

Additional Cardio Sessions: Wednesday, April 26, 2023 - Cycle for 35 minutes Saturday, April 29, 2023 - Cycle for 35 minutes

Week 7

Session 1 - Monday, May 1, 2023

| Exercise | Sets | Reps | Weight |
|-----------------|-------------|-------------|---------------|
| Squat | 4 | 3 | 380 lbs |
| Leg Press | 3 | 10 | 270 lbs |
| Leg Extension | 3 | 10 | 130 lbs |

| Exercise | Sets | Reps | Weight |
|-----------------|-------------|-------------|---------------|
| Leg Curl | 3 | 10 | 130 lbs |
| Calf Raises | 3 | 10 | 180 lbs |

Cardio: Cycle for 40 minutes

Session 2 - Tuesday, May 2, 2023

| Exercise | Sets | Reps | Weight |
|-------------------------|-------------|-------------|---------------|
| Bench Press | 4 | 3 | 280 lbs |
| Incline Dumbbell Press | 3 | 10 | 75 lbs |
| Dumbbell Flyes | 3 | 10 | 40 lbs |
| Tricep Pushdowns | 3 | 10 | 60 lbs |
| Dumbbell Lateral Raises | 3 | 10 | 25 lbs |

Cardio: Cycle for 40 minutes

Session 3 - Thursday, May 4, 2023

| Exercise | Sets | Reps | Weight |
|-------------------|-------------|-------------|---------------|
| Deadlift | 4 | 3 | 470 lbs |
| Barbell Rows | 3 | 10 | 160 lbs |
| Lat Pulldowns | 3 | 10 | 130 lbs |
| Seated Cable Rows | 3 | 10 | 130 lbs |
| Dumbbell Curls | 3 | 10 | 35 lbs |

Cardio: Cycle for 40 minutes

Session 4 - Friday, May 5, 2023

| Exercise | Sets | Reps | Weight |
|-------------------------|-------------|-------------|---------------|
| Overhead Press | 4 | 3 | 190 lbs |
| Dumbbell Shoulder Press | 3 | 10 | 50 lbs |
| Face Pulls | 3 | 10 | 60 lbs |
| Dumbbell Shrugs | 3 | 10 | 80 lbs |
| Cable Crunches | 3 | 10 | 100 lbs |

Cardio: Cycle for 40 minutes

Additional Cardio Sessions:

Wednesday, May 3, 2023 - Cycle for 40 minutes Saturday, May 6, 2023 - Cycle for 40 minutes

Week 8

Session 1 - Monday, May 8, 2023

| Exercise | Sets | Reps | Weight |
|-----------------|-------------|-------------|---------------|
| Squat | 1 | 3 | 400 lbs |
| Leg Press | 3 | 10 | 270 lbs |
| Leg Extension | 3 | 10 | 130 lbs |
| Leg Curl | 3 | 10 | 130 lbs |
| Calf Raises | 3 | 10 | 180 lbs |

Cardio: Cycle for 45 minutes

Session 2 - Tuesday, May 9, 2023

| Exercise | Sets | Reps | Weight |
|-------------------------|-------------|-------------|---------------|
| Bench Press | 1 | 3 | 295 lbs |
| Incline Dumbbell Press | 3 | 10 | 75 lbs |
| Dumbbell Flyes | 3 | 10 | 40 lbs |
| Tricep Pushdowns | 3 | 10 | 60 lbs |
| Dumbbell Lateral Raises | 3 | 10 | 25 lbs |

Cardio: Cycle for 45 minutes

Session 3 - Thursday, May 11, 2023

| Exercise | Sets | Reps | Weight |
|-------------------|-------------|-------------|---------------|
| Deadlift | 1 | 3 | 495 lbs |
| Barbell Rows | 3 | 10 | 160 lbs |
| Lat Pulldowns | 3 | 10 | 130 lbs |
| Seated Cable Rows | 3 | 10 | 130 lbs |
| Dumbbell Curls | 3 | 10 | 35 lbs |

Cardio: Cycle for 45 minutes

Session 4 - Friday, May 12, 2023

| Exercise | Sets | Reps | Weight |
|-------------------------|-------------|-------------|---------------|
| Overhead Press | 1 | 3 | 200 lbs |
| Dumbbell Shoulder Press | 3 | 10 | 50 lbs |

| Exercise | Sets | Reps | Weight |
|-----------------|-------------|-------------|---------------|
| Face Pulls | 3 | 10 | 60 lbs |
| Dumbbell Shrugs | 3 | 10 | 80 lbs |
| Cable Crunches | 3 | 10 | 100 lbs |

Cardio: Cycle for 45 minutes

Additional Cardio Sessions: Wednesday, May 10, 2023 - Cycle for 45 minutes

Saturday, May 13, 2023 - Cycle for 45 minutes

Week 9 - Strength Phase

Session 1 - Monday, May 22, 2023

| Exercise | Sets | Reps | Weight |
|-----------------|-------------|-------------|---------------|
| Squat | 3 | 5 | 340 lbs |
| Leg Press | 3 | 10 | 275 lbs |
| Leg Extension | 3 | 10 | 135 lbs |
| Leg Curl | 3 | 10 | 135 lbs |
| Calf Raises | 3 | 10 | 185 lbs |

Cardio: Cycle for 30 minutes

Session 2 - Tuesday, May 23, 2023

| Exercise | Sets | Reps | Weight |
|------------------------|-------------|-------------|---------------|
| Bench Press | 3 | 5 | 250 lbs |
| Incline Dumbbell Press | 3 | 10 | 80 lbs |

| Exercise | Sets | Reps | Weight |
|-------------------------|-------------|-------------|---------------|
| Dumbbell Flies | 3 | 10 | 45 lbs |
| Tricep Pushdowns | 3 | 10 | 65 lbs |
| Dumbbell Lateral Raises | 3 | 10 | 30 lbs |

Cardio: Cycle for 30 minutes

Session 3 - Thursday, May 25, 2023

| Exercise | Sets | Reps | Weight |
|-------------------|-------------|-------------|---------------|
| Deadlift | 3 | 5 | 420 lbs |
| Barbell Rows | 3 | 10 | 165 lbs |
| Lat Pulldowns | 3 | 10 | 135 lbs |
| Seated Cable Rows | 3 | 10 | 135 lbs |
| Dumbbell Curls | 3 | 10 | 40 lbs |

Cardio: Cycle for 30 minutes

Session 4 - Friday, May 26, 2023

| Exercise | Sets | Reps | Weight |
|-------------------------|-------------|-------------|---------------|
| Overhead Press | 3 | 5 | 170 lbs |
| Dumbbell Shoulder Press | 3 | 10 | 55 lbs |
| Face Pulls | 3 | 10 | 65 lbs |
| Dumbbell Shrugs | 3 | 10 | 85 lbs |

| Exercise | Sets | Reps | Weight |
|-----------------|-------------|-------------|---------------|
| Cable Crunches | 3 | 10 | 105 lbs |

Cardio: Cycle for 30 minutes

Additional Cardio Session - Saturday, May 27, 2023 Cycle for 30 minutes

Rest periods: Take 2-3 minutes of rest between sets for main lifts and 1-2 minutes for assistance exercises.

Warm-up: Perform 5-10 minutes of light cardio and dynamic stretching before each session.

Cool-down: End each session with 5-10 minutes of static stretching, focusing on the muscle groups trained.

Week 10

Session 1 - Monday, May 29, 2023

| Exercise | Sets | Reps | Weight |
|-----------------|-------------|-------------|---------------|
| Squat | 3 | 10 | 260 lbs |
| Leg Press | 3 | 10 | 220 lbs |
| Leg Extension | 3 | 10 | 110 lbs |
| Leg Curl | 3 | 10 | 110 lbs |
| Calf Raises | 3 | 10 | 150 lbs |

Cardio: Cycle for 35 minutes

Session 2 - Wednesday, May 31, 2023

| Exercise | Sets | Reps | Weight |
|-----------------|-------------|-------------|---------------|
| Bench Press | 3 | 10 | 195 lbs |

| Exercise | Sets | Reps | Weight |
|-------------------------|-------------|-------------|---------------|
| Incline Dumbbell Press | 3 | 10 | 65 lbs |
| Dumbbell Flyes | 3 | 10 | 35 lbs |
| Tricep Pushdowns | 3 | 10 | 50 lbs |
| Dumbbell Lateral Raises | 3 | 10 | 20 lbs |

Cardio: Cycle for 35 minutes

Session 3 - Friday, June 2, 2023

| Exercise | Sets | Reps | Weight |
|-------------------|-------------|-------------|---------------|
| Deadlift | 3 | 10 | 325 lbs |
| Barbell Rows | 3 | 10 | 130 lbs |
| Lat Pulldowns | 3 | 10 | 105 lbs |
| Seated Cable Rows | 3 | 10 | 105 lbs |
| Dumbbell Curls | 3 | 10 | 30 lbs |

Cardio: Cycle for 35 minutes

Session 4 - Sunday, June 4, 2023

| Exercise | Sets | Reps | Weight |
|-------------------------|-------------|-------------|---------------|
| Overhead Press | 3 | 10 | 130 lbs |
| Dumbbell Shoulder Press | 3 | 10 | 40 lbs |
| Face Pulls | 3 | 10 | 50 lbs |

| Exercise | Sets | Reps | Weight |
|-----------------|-------------|-------------|---------------|
| Dumbbell Shrugs | 3 | 10 | 65 lbs |
| Cable Crunches | 3 | 10 | 80 lbs |

Cardio: Cycle for 35 minutes

Additional Cardio Session - Tuesday, May 30, 2023 Cycle for 35 minutes

Week 11

Session 1 - Monday, June 5, 2023

| Exercise | Sets | Reps | Weight |
|-----------------|-------------|-------------|---------------|
| Squat | 4 | 8 | 280 lbs |
| Leg Press | 4 | 8 | 240 lbs |
| Leg Extension | 4 | 8 | 120 lbs |
| Leg Curl | 4 | 8 | 120 lbs |
| Calf Raises | 4 | 8 | 160 lbs |

Cardio: Cycle for 40 minutes

Session 2 - Wednesday, June 7, 2023

| Exercise | Sets | Reps | Weight |
|------------------------|-------------|-------------|---------------|
| Bench Press | 4 | 8 | 210 lbs |
| Incline Dumbbell Press | 4 | 8 | 70 lbs |
| Dumbbell Flyes | 4 | 8 | 40 lbs |
| Tricep Pushdowns | 4 | 8 | 55 lbs |

| Exercise | Sets | Reps | Weight |
|-------------------------|-------------|-------------|---------------|
| Dumbbell Lateral Raises | 4 | 8 | 25 lbs |

Cardio: Cycle for 40 minutes

Session 3 - Friday, June 9, 2023

| Exercise | Sets | Reps | Weight |
|-------------------|-------------|-------------|---------------|
| Deadlift | 4 | 8 | 350 lbs |
| Barbell Rows | 4 | 8 | 140 lbs |
| Lat Pulldowns | 4 | 8 | 115 lbs |
| Seated Cable Rows | 4 | 8 | 115 lbs |
| Dumbbell Curls | 4 | 8 | 35 lbs |

Cardio: Cycle for 40 minutes

Session 4 - Sunday, June 11, 2023

| Exercise | Sets | Reps | Weight |
|-------------------------|-------------|-------------|---------------|
| Overhead Press | 4 | 8 | 140 lbs |
| Dumbbell Shoulder Press | 4 | 8 | 45 lbs |
| Face Pulls | 4 | 8 | 55 lbs |
| Dumbbell Shrugs | 4 | 8 | 70 lbs |
| Cable Crunches | 4 | 8 | 90 lbs |

Cardio: Cycle for 40 minutes

Additional Cardio Session - Saturday, June 10, 2023 Cycle for 40 minutes

Week 12

Session 1 - Monday, June 12, 2023

| Exercise | Sets | Reps | Weight |
|-----------------|-------------|-------------|---------------|
| Squat | 1 | 8 | 300 lbs |
| Leg Press | 1 | 8 | 260 lbs |
| Leg Extension | 1 | 8 | 130 lbs |
| Leg Curl | 1 | 8 | 130 lbs |
| Calf Raises | 1 | 8 | 170 lbs |

Cardio: Cycle for 45 minutes

Session 2 - Wednesday, June 14, 2023

| Exercise | Sets | Reps | Weight |
|-------------------------|-------------|-------------|---------------|
| Bench Press | 1 | 8 | 225 lbs |
| Incline Dumbbell Press | 1 | 8 | 75 lbs |
| Dumbbell Flyes | 1 | 8 | 45 lbs |
| Tricep Pushdowns | 1 | 8 | 60 lbs |
| Dumbbell Lateral Raises | 1 | 8 | 30 lbs |

Cardio: Cycle for 45 minutes

Session 3 - Friday, June 16, 2023

| Exercise | Sets | Reps | Weight |
|-----------------|-------------|-------------|---------------|
| Deadlift | 1 | 8 | 375 lbs |

| Exercise | Sets | Reps | Weight |
|-------------------|-------------|-------------|---------------|
| Barbell Rows | 1 | 8 | 150 lbs |
| Lat Pulldowns | 1 | 8 | 125 lbs |
| Seated Cable Rows | 1 | 8 | 125 lbs |
| Dumbbell Curls | 1 | 8 | 40 lbs |

Cardio: Cycle for 45 minutes

Session 4 - Sunday, June 18, 2023

| Exercise | Sets | Reps | Weight |
|-------------------------|-------------|-------------|---------------|
| Overhead Press | 1 | 8 | 150 lbs |
| Dumbbell Shoulder Press | 1 | 8 | 50 lbs |
| Face Pulls | 1 | 8 | 60 lbs |
| Dumbbell Shrugs | 1 | 8 | 75 lbs |
| Cable Crunches | 1 | 8 | 100 lbs |

Cardio: Cycle for 45 minutes

Additional Cardio Session - Tuesday, June 13, 2023 Cycle for 45 minutes

Rest periods: Take 2-3 minutes of rest between sets for main lifts and 1-2 minutes for assistance exercises.

Warm-up: Perform 5-10 minutes of light cardio and dynamic stretching before each session.

Cool-down: End each session with 5-10 minutes of static stretching, focusing on the muscle groups trained.