

DECEMBER 2025, 2-DAY

WEEK 1: UPPER BODY

EXERCISE	SETS & REPS	NOTES
1: DUMBBELL SHOULDER PRESS	3 X 6-8	
2A: DUMBBELL BENCH PRESS	3 X 8-10	
2B: ONE-ARM DUMBBELL ROWS	3 X 8-10	
3A: STANDING DUMBBELL BICEPS CURLS	3 X 10-12	
3B: DUMBBELL TRICEPS KICK BACKS	3 X 10-12	

NOTES: PERFORM EXERCISES WITH THE SAME NUMBER ASSIGNED AS A SUPERSET. EX: EXERCISES 3A AND 3B SHOULD BE PERFORMED BACK-TO-BACK, BEFORE TAKING A REST PERIOD.

DECEMBER 2025, 2-DAY

WEEK 1: LOWER BODY

EXERCISE	SETS & REPS	NOTES
1: DUMBBELL BOX SQUAT	3 X 6-8	
2: DUMBBELL SUMO DEADLIFT	3 X 8-10	
3A: STANDING CALF RAISE	3 X 12-15	
3B: LATERAL LUNGE	3 X 12-15 (EACH SIDE)	
4A: BIRD DOGS	3 X 10-12	
4B: DEAD BUGS	3 X 10-12	

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DECEMBER 2025, 2-DAY

WEEK 2: UPPER BODY

EXERCISE	SETS & REPS	NOTES
1: DUMBBELL SHOULDER PRESS	3 X 6-8	
2A: DUMBBELL BENCH PRESS	3 X 8-10	
2B: ONE-ARM DUMBBELL ROWS	3 X 8-10	
3A: STANDING DUMBBELL BICEPS CURLS	3 X 10-12	
3B: DUMBBELL TRICEPS KICK BACKS	3 X 10-12	

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WEEK 2: LOWER BODY

EXERCISE	SETS & REPS	NOTES
1: DUMBBELL BOX SQUAT	3 X 6-8	
2: DUMBBELL SUMO DEADLIFT	3 X 8-10	
3A: STANDING CALF RAISE	3 X 12-15	
3B: LATERAL LUNGE	3 X 12-15 (EACH SIDE)	
4A: BIRD DOGS	3 X 10-12	
4B: DEAD BUGS	3 X 10-12	

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DECEMBER 2025, 2-DAY

WEEK 3: UPPER BODY

EXERCISE	SETS & REPS	NOTES
1: DUMBBELL SHOULDER PRESS	3 X 6-8	
2A: DUMBBELL BENCH PRESS	3 X 8-12	
2B: ONE-ARM DUMBBELL ROWS	3 X 8-12	
3A: STANDING DUMBBELL BICEPS CURLS	3 X 10-15	
3B: DUMBBELL TRICEPS KICK BACKS	3 X 10-15	

NOTES: PERFORM EXERCISES WITH THE SAME NUMBER ASSIGNED AS A SUPERSET. EX: EXERCISES 3A AND 3B SHOULD BE PERFORMED BACK-TO-BACK, BEFORE TAKING A REST PERIOD.

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WEEK 3: LOWER BODY

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4A: BIRD DOGS	3 X 10-15	
4B: DEAD BUGS	3 X 10-15	

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DECEMBER 2025, 2-DAY

WEEK 4: UPPER BODY

EXERCISE	SETS & REPS	NOTES
1: DUMBBELL SHOULDER PRESS	3 X 6-8	
2A: DUMBBELL BENCH PRESS	3 X 8-12	
2B: ONE-ARM DUMBBELL ROWS	3 X 8-12	
3A: STANDING DUMBBELL BICEPS CURLS	3 X 10-15	
3B: DUMBBELL TRICEPS KICK BACKS	3 X 10-15	

NOTES: IF YOU'VE REACHED THE TOP END OF THE REP RANGE, FEEL FREE TO ADD WEIGHT TO THE EXERCISE(S). CONTINUE TO TRY AND INCREASE PERFORMANCE.

DECEMBER 2025, 2-DAY

WEEK 4: LOWER BODY

EXERCISE	SETS & REPS	NOTES
1: DUMBBELL BOX SQUAT	3 X 6-8	
2: DUMBBELL SUMO DEADLIFT	3 X 8-12	
3A: STANDING CALF RAISE	3 X 12-20	
3B: LATERAL LUNGE	3 X 12-20 (EACH SIDE)	
4A: BIRD DOGS	3 X 10-15	
4B: DEAD BUGS	3 X 10-15	

NOTES: IF YOU'VE REACHED THE TOP END OF THE REP RANGE, FEEL FREE TO ADD WEIGHT TO THE EXERCISE(S). CONTINUE TO TRY AND INCREASE PERFORMANCE.