

DECEMBER 2025, 3-DAY

WEEK 1: PUSH DAY

EXERCISE	SETS & REPS	NOTES
1A: DUMBBELL SHOULDER PRESS	3 X 6-8	
1B: DUMBBELL OVERHEAD TRICEPS EXTENSION	3 X 10-12	
2A: DUMBBELL BENCH PRESS	3 X 8-10	
2B: DUMBBELL FLY	3 X 12-15	
3A: DUMBBELL LATERAL RAISE	3 X 10-12	
3B: DUMBBELL REAR DELT FLY	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, 3-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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1A: ONE-ARM DUMBBELL ROWS	3 X 8-10	
1B: CONCENTRATION CURLS	3 X 8-10	
2A: UNDERHAND DUMBBELL ROW	3 X 10-12	
2B: DUMBBELL HAMMER CURLS	3 X 10-12	
3A: PLANK	3 X 20 SECONDS	
3B: DUMBBELL CRUNCH	3 X 8-10	

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WEEK 2: PUSH DAY

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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.

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