

JANUARY 2026, 2-DAY

WEEK 1: UPPER BODY

EXERCISE	SETS & REPS	NOTES
1: DUMBBELL SHOULDER PRESS	3 X 6-8	
2A: DUMBBELL FLY	3 X 8-10	
2B: DUMBBELL PULLOVER	3 X 8-10	
3A: DUMBBELL HAMMER CURLS	3 X 10-12	
3B: DUMBBELL OVERHEAD TRICEPS EXTENSION	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.

JANUARY 2026, 2-DAY

WEEK 1: LOWER BODY

EXERCISE	SETS & REPS	NOTES
1: DUMBBELL GOBLET SQUAT	3 X 6-8	
2: DUMBBELL ROMANIAN DEADLIFT	3 X 8-10	
3A: STANDING CALF RAISE	3 X 12-15	
3B: DUMBBELL GLUTE BRIDGE	3 X 12-15	
4A: DUMBBELL CRUNCH	3 X 8-10	
4B: PLANK	3 X 15 SECONDS	

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.

JANUARY 2026, 2-DAY

WEEK 2: UPPER BODY

EXERCISE	SETS & REPS	NOTES
1: DUMBBELL SHOULDER PRESS	3 X 6-8	
2A: DUMBBELL FLY	3 X 8-10	
2B: DUMBBELL PULLOVER	3 X 8-10	
3A: DUMBBELL HAMMER CURLS	3 X 10-12	
3B: DUMBBELL OVERHEAD TRICEPS EXTENSION	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.

JANUARY 2026, 2-DAY

WEEK 2: LOWER BODY

EXERCISE	SETS & REPS	NOTES
1: DUMBBELL GOBLET SQUAT	3 X 6-8	
2: DUMBBELL ROMANIAN DEADLIFT	3 X 8-10	
3A: STANDING CALF RAISE	3 X 12-15	
3B: DUMBBELL GLUTE BRIDGE	3 X 12-15	
4A: DUMBBELL CRUNCH	3 X 8-10	
4B: PLANK	3 X 15 SECONDS	

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.

JANUARY 2026, 2-DAY

WEEK 3: UPPER BODY

EXERCISE	SETS & REPS	NOTES
1: DUMBBELL SHOULDER PRESS	3 X 6-8	
2A: DUMBBELL FLY	3 X 8-12	
2B: DUMBBELL PULLOVER	3 X 8-12	
3A: DUMBBELL HAMMER CURLS	3 X 10-15	
3B: DUMBBELL OVERHEAD TRICEPS EXTENSION	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.

JANUARY 2026, 2-DAY

WEEK 3: LOWER BODY

EXERCISE	SETS & REPS	NOTES
1: DUMBBELL GOBLET SQUAT	3 X 6-8	
2: DUMBBELL ROMANIAN DEADLIFT	3 X 8-12	
3A: STANDING CALF RAISE	3 X 12-20	
3B: DUMBBELL GLUTE BRIDGE	3 X 12-20	
4A: DUMBBELL CRUNCH	3 X 8-12	
4B: PLANK	3 X 15-30 SECONDS	

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.

JANUARY 2026, 2-DAY

WEEK 4: UPPER BODY

EXERCISE	SETS & REPS	NOTES
1: DUMBBELL SHOULDER PRESS	3 X 6-8	
2A: DUMBBELL FLY	3 X 8-12	
2B: DUMBBELL PULLOVER	3 X 8-12	
3A: DUMBBELL HAMMER CURLS	3 X 10-15	
3B: DUMBBELL OVERHEAD TRICEPS EXTENSION	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.

JANUARY 2026, 2-DAY

WEEK 4: LOWER BODY

EXERCISE	SETS & REPS	NOTES
1: DUMBBELL GOBLET SQUAT	3 X 6-8	
2: DUMBBELL ROMANIAN DEADLIFT	3 X 8-12	
3A: STANDING CALF RAISE	3 X 12-20	
3B: DUMBBELL GLUTE BRIDGE	3 X 12-20	
4A: DUMBBELL CRUNCH	3 X 8-12	
4B: PLANK	3 X 15-30 SECONDS	

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.