

JANUARY 2026, 3-DAY

WEEK 1: UPPER BODY PUSH

EXERCISE	SETS & REPS	NOTES
1A: DUMBBELL SHOULDER PRESS	3 X 6-8	
1B: SEATED DUMBBELL BICEPS CURLS	3 X 8-10	
2: PUSH UPS	20 TOTAL	AS MANY SETS AS YOU NEED TO COMPLETE THE TOTAL REPS.
3: DUMBBELL FLY	3 X 12-15	
4A: DUMBBELL UPRIGHT ROW	3 X 10-12	
1B: 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.

JANUARY 2026, 3-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	

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1A: DUMBBELL PULLOVER	3 X 6-8	
1B: DUMBBELL TRICEPS KICK BACKS	3 X 8-10 (EACH SIDE)	
2A: BENT OVER DUMBBELL ROWS	3 X 8-10	
2B: DUMBBELL HAMMER CURLS	3 X 8-10	
3A: RUSSIAN TWIST	3 X 12-15 (EACH SIDE)	
3B: DEAD BUGS	3 X 12-15 (EACH SIDE)	

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WEEK 2: UPPER BODY PUSH

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1B: SEATED DUMBBELL BICEPS CURLS	3 X 8-10	
2: PUSH UPS	20 TOTAL	AS MANY SETS AS YOU NEED TO COMPLETE THE TOTAL REPS.
3: DUMBBELL FLY	3 X 12-15	
4A: DUMBBELL UPRIGHT ROW	3 X 10-12	
1B: DUMBBELL REAR DELT FLY	3 X 10-12	

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4B: PLANK	3 X 15 SECONDS	

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WEEK 3: UPPER BODY PUSH

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1A: DUMBBELL SHOULDER PRESS	3 X 6-8	
1B: SEATED DUMBBELL BICEPS CURLS	3 X 8-12	
2: PUSH UPS	25 TOTAL	AS MANY SETS AS YOU NEED TO COMPLETE THE TOTAL REPS.
3: DUMBBELL FLY	3 X 12-20	
4A: DUMBBELL UPRIGHT ROW	3 X 10-15	
1B: DUMBBELL REAR DELT FLY	3 X 10-15	

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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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