

APRIL 2026, 3-DAY

WEEK 1: UPPER BODY PULL

EXERCISE	SETS & REPS	NOTES
1A: BENT OVER DUMBBELL ROWS	3 X 8-10	
1B: STANDING DUMBBELL HAMMER CURLS	3 X 8-10	
2: DUMBBELL REAR DELT FLY	3 X 8-10	
3A: DUMBBELL PULLOVER	3 X 10-12	
3B: INCLINE DUMBBELL BICEPS CURLS	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.

APRIL 2026, 3-DAY

WEEK 1: UPPER BODY PUSH

EXERCISE	SETS & REPS	NOTES
1A: SEATED DUMBBELL SHOULDER PRESS	3 X 6-8	
1B: SEATED DUMBBELL LATERAL RAISE	3 X 12-15	
2A: DUMBBELL FRONT RAISE	3 X 10-12	
2B: DUMBBELL FLY	3 X 10-12	
3A: DUMBBELL BENCH PRESS	3 X 10-12	
3B: DUMBBELL TRICEPS KICK BACKS	3 X 10-12 (EACH SIDE)	

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.

APRIL 2026, 3-DAY

WEEK 1: LOWER BODY

EXERCISE	SETS & REPS	NOTES
1A: LATERAL SHUFFLE	3 X 30 SECONDS	
1B: BODYWEIGHT SQUATS	3 X 30 SECONDS	
2A: DUMBBELL GLUTE BRIDGE	3 X 8-10	
2B: DUMBBELL CRUNCH	3 X 8-10	
3A: DUMBBELL GOBLET SQUAT	3 X 10-12	
3B: SPLIT SQUATS	3 X 10-12 (EACH SIDE)	

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.

APRIL 2026, 3-DAY

WEEK 2: UPPER BODY PULL

EXERCISE	SETS & REPS	NOTES
1A: BENT OVER DUMBBELL ROWS	3 X 8-10	
1B: STANDING DUMBBELL HAMMER CURLS	3 X 8-10	
2: DUMBBELL REAR DELT FLY	3 X 8-10	
3A: DUMBBELL PULLOVER	3 X 10-12	
3B: INCLINE DUMBBELL BICEPS CURLS	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.

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1B: SEATED DUMBBELL LATERAL RAISE	3 X 12-15	
2A: DUMBBELL FRONT RAISE	3 X 10-12	
2B: DUMBBELL FLY	3 X 10-12	
3A: DUMBBELL BENCH PRESS	3 X 10-12	
3B: DUMBBELL TRICEPS KICK BACKS	3 X 10-12 (EACH SIDE)	

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APRIL 2026, 3-DAY

WEEK 2: LOWER BODY

EXERCISE	SETS & REPS	NOTES
1A: LATERAL SHUFFLE	3 X 30 SECONDS	
1B: BODYWEIGHT SQUATS	3 X 30 SECONDS	
2A: DUMBBELL GLUTE BRIDGE	3 X 8-10	
2B: DUMBBELL CRUNCH	3 X 8-10	
3A: DUMBBELL GOBLET SQUAT	3 X 10-12	
3B: SPLIT SQUATS	3 X 10-12 (EACH SIDE)	

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APRIL 2026, 3-DAY

WEEK 3: UPPER BODY PULL

EXERCISE	SETS & REPS	NOTES
1A: BENT OVER DUMBBELL ROWS	3 X 8-12	
1B: STANDING DUMBBELL HAMMER CURLS	3 X 8-12	
2: DUMBBELL REAR DELT FLY	3 X 8-12	
3A: DUMBBELL PULLOVER	3 X 10-15	
3B: INCLINE DUMBBELL BICEPS CURLS	3 X 10-15	

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2B: DUMBBELL FLY	3 X 10-15	
3A: DUMBBELL BENCH PRESS	3 X 10-15	
3B: DUMBBELL TRICEPS KICK BACKS	3 X 10-15 (EACH SIDE)	

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APRIL 2026, 3-DAY

WEEK 3: LOWER BODY

EXERCISE	SETS & REPS	NOTES
1A: LATERAL SHUFFLE	3 X 30-60 SECONDS	
1B: BODYWEIGHT SQUATS	3 X 30-60 SECONDS	
2A: DUMBBELL GLUTE BRIDGE	3 X 8-12	
2B: DUMBBELL CRUNCH	3 X 8-12	
3A: DUMBBELL GOBLET SQUAT	3 X 10-15	
3B: SPLIT SQUATS	3 X 10-15 (EACH SIDE)	

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WEEK 4: UPPER BODY PULL

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1A: BENT OVER DUMBBELL ROWS	3 X 8-12	
1B: STANDING DUMBBELL HAMMER CURLS	3 X 8-12	
2: DUMBBELL REAR DELT FLY	3 X 8-12	
3A: DUMBBELL PULLOVER	3 X 10-15	
3B: INCLINE DUMBBELL BICEPS CURLS	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.

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WEEK 4: LOWER BODY

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1B: BODYWEIGHT SQUATS	3 X 30-60 SECONDS	
2A: DUMBBELL GLUTE BRIDGE	3 X 8-12	
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