



PAULVANCE

TRAINING

PAULVANCETRAINING.COM

MONTH TWO

**GYM
WORKOUT**

WEEK 1

MONDAY

WARM UP

- [] **Reps 27,24,21,18,15,12,9,6,3**
 - 1A) DB Cleans
 - 1B) DB Shoulder Press
 - 1C) DB Front Squat
 - 1D) DB Reverse Lunge (Each Leg)
 - 1E) Burpees

TUESDAY

WARM UP

- [] **4 Sets 12 Reps**
 - 1A) Incline DB Curls
 - 2B) Incline DB Skull Crushers
- [] **4 Sets 12 Reps**
 - 2A) Incline Hammer Curls
 - 2B) DB Kickbacks
- [] **4 Sets 12 Reps**
 - 3A) Barbell Curls
 - 3B) Barbell Skull Crusher
- [] **4 Sets 12 Reps**
 - 4A) Ez Bar Curls
 - 4B) DB Overhead Extension
- [] **4 Sets 12 Reps**
 - 5A) Ez Bar Reverse Curls
 - 5B) Dips (Weighted if possible)

WEDNESDAY

WARM UP

- [] **4 Sets 12 Reps**
 - 1A) Barbell Bench Press
 - 1B) Pull Ups (assisted if you can't do 12)
- [] **4 Sets 12 Reps**
 - 2A) Barbell Incline Bench Press
 - 2B) Dual DB Rows
- [] **4 Sets 12 Reps**
 - 3A) DB Fly
 - 3B) Lat Pulldowns
- [] **4 Sets 12 Reps**
 - 4A) DB Close Grip Bench
 - 4B) Low Pulley Wide Grip
- [] **4 Sets 12 Reps**
 - 5A) Weighted Push Ups
 - 5B) Back Extensions

THURSDAY

WARM UP

- [] **4 Sets 12 Reps**
 - 1A) Back Squats
 - 2B) DB Stiff Leg Deadlifts
- [] **4 Sets 12 Reps**
 - 2A) Leg Press
 - 2B) Leg Curls
- [] **4 Sets 12 Reps**
 - 3A) Walking Lunges (12 each leg)
 - 3B) Split Squats (12 each leg)
- [] **4 Sets 12 Reps**
 - 4A) Elevated Side Lunges (12 each leg)
 - 4B) Goblet Squats
- [] **4 Sets 15 Reps**
 - 5A) Hip Adduction
 - 5B) Hip Abduction

FRIDAY

WARM UP

- [] **4 Sets 12 Reps**
 - 1A) Seated Barbell Shoulder Press
 - 2B) Side Raise
- [] **4 Sets 12 Reps**
 - 2A) Shoulder Press Machine
 - 2B) Front Raise
- [] **4 Sets 12 Reps**
 - 3A) Upright Row
 - 3B) Cable Side Raise
- [] **4 Sets 12 Reps**
 - 4A) Barbell Cleans
 - 4B) DB Shoulder Shrugs
- [] **3 Sets 1 Min on 1 Min Rest**
 - Farmers Carry

SATURDAY

WARM UP

- [] **6 Sets 12, 10, 8, 6, 4, 2 Reps (Increase weight each set)**
 - 1A) Deadlifts
- [] **6 Sets 12, 10, 8, 6, 4, 2 Reps (Increase weight each set)**
 - 2A) Barbell Bench Press
- [] **4 Sets 12 Reps**
 - 3A) Barbell Curls
 - 3B) Rope Pushdowns
- [] **4 Sets 12 Reps**
 - 4A) Barbell Wrist Curls
 - 4B) Dips
- [] **4 Sets Max Reps**
 - 5A) Pull Ups
 - 5B) Push Ups

WEEK 2

MONDAY

WARM UP

- [] **4 Sets 12 Reps**
 - 1A) Back Squats
 - 2B) Leg Press
- [] **4 Sets 12 Reps**
 - 2A) Walking Lunges
 - 2B) Leg Extensions
- [] **4 Sets 12 Reps**
 - 3A) Leg Curls
 - 3B) Stiff Leg Deadlifts
- [] **4 Sets 20 Reps**
 - 4A) Calf Raises

TUESDAY

WARM UP

- [] **4 Sets 12 Reps**
 - 1A) DB Bench Press
 - 2B) Barbell Rows
- [] **4 Sets 12 Reps**
 - 2A) DB Incline Bench Press
 - 2B) DB Side Raise
- [] **4 Sets 12 Reps**
 - 3A) Wide Grip Lat Pulldowns
 - 3B) Front Raise
- [] **4 Sets 12 Reps**
 - 4A) Cable Fly
 - 4B) Single Arm DB Rows
- [] **4 Sets 12 Reps**
 - 5A) Cable Reverse Fly
 - 5B) Forward Lean Dips

WEDNESDAY

WARM UP

- [] **4 Sets 12 Reps**
 - 1A) Straight Bar supinated Pushdowns
 - 2B) Hammer Curls
- [] **4 Sets 12 Reps**
 - 2A) Straight Bar Pushdowns
 - 2B) EZ Bar Curls
- [] **4 Sets 12 Reps**
 - 3A) Rope Pushdowns
 - 3B) Rope Curls
- [] **4 Sets 12 Reps**
 - 4A) Single Arm DB Overhead Extension
 - 4B) Cable Curls
- [] **4 Sets 12 Reps**
 - 5A) Dips
 - 5B) Reverse Curls

THURSDAY

WARM UP

- [] **4 Sets 12, 8, 8, 4 Reps (Increase Weight)**
 - 1A) Barbell Squats
- [] **4 Sets 12 Reps**
 - 2A) Stationary Lunges
 - 2B) Narrow Stance Heels Elevated Goblet Squat
- [] **4 Sets 12 Reps**
 - 3A) Leg Press
 - 3B) Leg Extension
- [] **4 Sets 12 Reps**
 - 4A) Toes Elevated DB Stiff Leg
 - 4B) Prone Leg Curl

FRIDAY

WARM UP

- [] **7 Sets 10, 8, 6, 4, 3, 2, 1 Reps**
 - 1A) Barbell Bench Press
- [] **4 Sets 12 Reps**
 - 2A) Incline Barbell Bench
 - 2B) Pull Ups (Assisted if you cannot get 12)
- [] **4 Sets 12 Reps**
 - 3A) Standing Barbell Shoulder Press
 - 3B) Low Pulley Close grip
- [] **4 Sets 12 Reps**
 - 4A) Cable Fly (Set equal with your chest)
 - 4B) Standing Rope Pulldown
- [] **4 Sets 12 Reps**
 - 5A) DB Pullover
 - 5B) Barbell Shoulder Shrugs

SATURDAY

WARM UP

- [] **4 Sets 12 Reps**
 - 1A) Seated Hammer Curls
 - 2B) Seated DB Overhead Extension
- [] **4 Sets 12 Reps**
 - 2A) Incline Curls
 - 2B) DB Kickbacks
- [] **4 Sets 12 Reps**
 - 3A) Incline Rope Pushdowns
 - 3B) Ez Bar Curls (Close Grip)
- [] **4 Sets 12 Reps**
 - 4A) Seated Incline V-Bar Pushdowns
 - 4B) Ez Bar Reverse Curls
- [] **4 Sets 12 Reps**
 - 5A) Lying Straight Bar Curls
 - 5B) Bench Dips



WEEK 3

MONDAY

WARM UP

- [] **4 Sets 20 Reps**
 - 1A) Step Ups
 - 1B) Walking Lunges
- [] **4 Sets 10 Reps**
 - 2A) Goblet Squats (Put feet on steps so you can get lower)
 - 2B) Split Squat (Hold at the bottom for 2 second count)
- [] **5 Sets 5 Reps (Heavy)**
 - 3A) Squats
 - 3B) Leg Press
- [] **5 Sets 10 Reps**
 - 4A) Side Leg Press
 - 4B) Stiff Leg (legs hip width point toes on an angle)
- [] **4 Sets 12 Reps**
 - 5A) TRX Hami Curls
 - 5B) Single Leg Raise (One leg on the ledge or step platform. Stand up.)

TUESDAY

WARM UP

- [] **4 Sets Max Reps**
 - 1A) Weighted Push Ups
 - 2B) Weighted Pull Ups
- [] **4 Sets 12 Reps**
 - 2A) DB Cleans
 - 2B) DB Dual Row
- [] **4 Sets 12 Reps**
 - 3A) DB Close Grip Bench
 - 3B) Unsupported Seated Shoulder Press
- [] **4 Sets 12 Reps**
 - 4A) DB Incline Bench Press
 - 4B) Barbell Front Raise
- [] **4 Sets 12 Reps**
 - 5A) DB Fly
 - 5B) Seated DB Shoulder Shrugs

WEDNESDAY

WARM UP

- [] **4 Sets 21 Reps (7 bottom to middle, 7 top to middle, 7 Full range)**
 - 1A) Barbell Curls
 - 1B) Rope Pushdowns
- [] **4 Sets 12 Reps**
 - 2A) Ez Bar Curls (Elbows back)
 - 2B) V-bar Pushdown
- [] **4 Sets 12 Reps**
 - 3A) Ez Bar Curls Wide Grip
 - 3B) Single Arm Rope Pushdowns
- [] **4 Sets 12 Reps**
 - 4A) Cable Curls
 - 4B) Straight Bar Pushdowns
- [] **4 Sets 12 Reps**
 - 5A) Single Arm Curls
 - 5B) Cable Kickbacks

THURSDAY

WARM UP

- [] **4 Sets 12 Reps**
 - 1A) Low Barbell Squats
 - 1B) Leg Curls
- [] **4 Sets 12 Reps**
 - 2A) Deadlifts
 - 2B) Leg Extensions
- [] **4 Sets 12 Reps**
 - 3A) Narrow Stance Leg Press
 - 3B) Step Ups
- [] **4 Sets 12 Reps**
 - 4A) Prone Leg Curls
 - 4B) Sumo Squats
- 4 Sets 30 Reps**
 - 5A) Calf Raise

FRIDAY

WARM UP

- [] **4 Sets 12 Reps**
 - 1A) Wide Grip Barbell Bench
 - 1B) Wide Grip Pull Ups
- [] **4 Sets 12 Reps**
 - 2A) Close Grip Barbell Bench
 - 2B) Close Grip Pulldowns
- [] **4 Sets 12 Reps**
 - 3A) Incline Barbell Bench Press
 - 3B) Standing DB Shoulder Press
- [] **4 Sets 12 Reps**
 - 4A) Incline Close Grip Barbell Bench Press
 - 4B) Barbell High Pulls
- [] **4 Sets 12 Reps**
 - 5A) Pull Ups
 - 5B) Back Extensions

SATURDAY

WARM UP

- [] **4 Sets 12 Reps**
 - 1A) Cable Curls (Bottom)
 - 1B) Skull Crushers
- [] **4 Sets 12 Reps**
 - 2A) Cable Curls (Top)
 - 2B) Incline Skull Crushers
- [] **4 Sets 12 Reps**
 - 3A) DB Zottman Curls
 - 3B) Dips
- [] **4 Sets 12 Reps**
 - 4A) Preacher Curls
 - 4B) Rope Pushdowns
- [] **4 Sets 12 Reps**
 - 5A) Hammer Curls
 - 5B) Overhead Rope Extensions

WEEK 4

MONDAY

WARM UP

- [] **4 Sets 8 Reps**
 - 1A) Bench Barbell Press
- [] **4 Sets 8 Reps**
 - 2A) Incline Barbell Bench Press
- [] **4 Sets 8 Reps**
 - 3A) Cable Fly (Top position)
 - 3B) Single Arm Pushdown (No attachment)
- [] **4 Sets 12 Reps**
 - 4A) Cable Fly (Bottom position)
 - 4B) V-bar Pushdown
- [] **4 Sets Max Reps**
 - 5A) Push ups
 - 5B) Forward Lean Dips

TUESDAY

WARM UP

- [] **4 Sets 8 Reps**
 - 1A) Squats
- [] **4 Sets 8 Reps**
 - 2A) Deadlifts
- [] **4 Sets 12 Reps**
 - 3A) Leg Extensions
 - 3B) Leg Curls
- [] **4 Sets 12 Reps**
 - 4A) Back Extensions
 - 4B) Pull ups
- [] **4 Sets 12 Reps**
 - 5A) Hip Adduction
 - 5B) Hip Abduction
 - 5C) Standing Calf Raises

WEDNESDAY

WARM UP

- [] **4 Sets 8 Reps**
 - 1A) Standing Barbell Press
- [] **4 Sets 8 Reps**
 - 2A) Seated DB Press
- [] **4 Sets 8 Reps**
 - 3A) Barbell Shrugs
- [] **4 Sets 10 Reps**
 - 4A) Single Arm Cable Side Raise
 - 4B) Single Arm Cable Front Raise

THURSDAY

WARM UP

- [] **4 Sets 8 Reps**
 - 1A) DB Bench Press
- [] **4 Sets 8 Reps**
 - 2A) DB Incline Bench Press
- [] **4 Sets 8 Reps**
 - 3A) Cable Fly (Chest position)
 - 3B) Single Arm Overhead Extension (No attachment)
- [] **4 Sets 12 Reps**
 - 4A) Cable Press (Chest position)
 - 4B) Single Arm Cable Kickback
- [] **4 Sets Max Reps**
 - 5A) Push ups
 - 5B) Forward Lean Dips

FRIDAY

WARM UP

- [] **4 Sets 8 Reps**
 - 1A) Low Bar Squats
- [] **4 Sets 8 Reps**
 - 2A) Sumo Deadlifts
- [] **4 Sets 12 Reps**
 - 3A) Leg Extensions
 - 3B) Leg Curls
- [] **4 Sets 12 Reps**
 - 4A) Back Extensions
 - 4B) Pull ups
- [] **4 Sets 12 Reps**
 - 5A) Hip Adduction
 - 5B) Hip Abduction
 - 5C) Standing Calf Raises

SATURDAY

WARM UP

- [] **4 Sets 8 Reps**
 - 1A) Seated Barbell Shoulder Press
- [] **4 Sets 8 Reps**
 - 2A) Military Press
- [] **4 Sets 8 Reps**
 - 3A) Barbell Shrugs
- [] **4 Sets 10 Reps**
 - 4A) Single Arm Cable Side Raise
 - 4B) Single Arm Cable Front Raise

