



PAULVANCE

TRAINING

PAULVANCETRAINING.COM

MONTH THREE

GYM WORKOUT

WEEK 1

MONDAY

WARM UP

- [] **4 Sets 12 Reps**
 - 1A) Leg Extensions
 - 1B) Prone Hamstring Curls
- [] **4 Sets 12 Reps**
 - 2A) Back Squats
 - 2B) 5th Set Drop Set, Three Different Weights
- [] **4 Sets 12 Reps**
 - 3A) Leg Press
 - 3B) DB Sumo Squats
- [] **4 Sets 12 Reps**
 - 4A) Hack Squat
 - 4B) Calf Raise (25 Reps)

TUESDAY

WARM UP

- [] **4 Sets 12 Reps**
 - 1A) Push Ups
 - 1B) Cable Fly
- [] **4 Sets 12 Reps**
 - 2A) Barbell Bench
 - 2B) 5th Set Drop Set, Three Different Weights
- [] **4 Sets 12 Reps**
 - 3A) Chest Press Machine
 - 3B) Rope Pushdowns
- [] **4 Sets 12 Reps**
 - 4A) Iso Side Chest Press
 - 4B) Dips
- [] **4 Sets 12 Reps**
 - 5A) Pullovers
 - 5B) V-Bar Pushdowns

WEDNESDAY

WARM UP

- [] **4 Sets 12 Reps**
 - 1A) DB Front Raise
 - 1B) DB Side Raise
- [] **4 Sets 12 Reps**
 - 2A) Barbell Shoulder Press
 - 2B) 5th Set Drop Set, Three Different Weights
- [] **4 Sets 12 Reps**
 - 3A) Barbell Shoulder Shrugs
 - 3B) DB Hammer Curls
- [] **4 Sets 12 Reps**
 - 4A) EZ Bar Curls
 - 4B) Banded Curls

THURSDAY

WARM UP

- [] **4 Sets 12 Reps**
 - 1A) Pull Ups
 - 1B) Back Extensions
- [] **4 Sets 12 Reps**
 - 2A) Deadlifts
 - 2B) 5th Set Drop Set, Three Different Weights
- [] **4 Sets 12 Reps**
 - 3A) Sissy Squats
 - 3B) Leg Extensions (Quarter Reps)
- [] **4 Sets 12 Reps**
 - 4A) Lat Pulldowns
 - 4B) Leg Curls
- [] **4 Sets 15 Reps**
 - 5A) Hip Adduction
 - 5B) Hip Abduction

FRIDAY

WARM UP

- [] **4 Sets 12 Reps**
 - 1A) Close Grip Barbell Bench Press
 - 1B) Elevated Push Ups
- [] **4 Sets 12 Reps**
 - 2A) Wide Grip Barbell Bench Press
 - 2B) Tricep Push Ups
- [] **4 Sets 12 Reps**
 - 3A) DB Fly
 - 3B) DB Skull Crusher
- [] **4 Sets 12 Reps**
 - 4A) Cable Kickbacks
 - 4B) DB Overhead Extension

SATURDAY

WARM UP

- [] **4 Sets 12 Reps**
 - 1A) Cable High Pulls
 - 1B) Weighted Crunches
- [] **4 Sets 12 Reps**
 - 2A) Barbell Front Raise
 - 2B) Weighted Sit Ups
- [] **4 Sets 12 Reps**
 - 3A) Barbell Push Press
 - 3B) Weighted Pump Crunch
- [] **4 Sets 12 Reps**
 - 4A) Iso Shoulder Press
 - 4B) V-ups

WEEK 2

MONDAY

WARM UP

- [] **4 Sets 12 Reps**
 - 1A) Hip Adduction
 - 1B) Hip Abduction
- [] **4 Sets 12 Reps**
 - 2A) Barbell Front Squats
- [] **4 Sets 12 Reps**
 - 3A) Walking Lunges
 - 3B) Stiff Leg Deadlift
- [] **4 Sets 20 Reps**
 - 4A) Split Squats
 - 4B) Narrow Stance Goblet Squats

TUESDAY

WARM UP

- [] **4 Sets 12 Reps**
 - 1A) Barbell Bench Press
 - 2B) Pull Ups
- [] **4 Sets 12 Reps**
 - 2A) Incline Bench Press
 - 2B) Chin Ups
- [] **4 Sets 12 Reps**
 - 3A) Decline Bench Press
 - 3B) Single Arm DB Row
- [] **4 Sets 12 Reps**
 - 4A) Cable Press
 - 4B) Single Arm Lat Pulldowns

WEDNESDAY

WARM UP

- [] **4 Sets 12 Reps**
 - 1A) Seated DB Press
 - 1B) DB Curls
- [] **4 Sets 12 Reps**
 - 2A) Seated Arnold Press
 - 2B) DB Hammer Curls
- [] **4 Sets 12 Reps**
 - 3A) Rope High Pulls
 - 3B) Rope Pushdowns
- [] **4 Sets 12 Reps**
 - 4A) DB Curls
 - 4B) DB Kickbacks

THURSDAY

WARM UP

- [] **4 Sets 12 Reps**
 - 1A) Barbell Sumo Squats
- [] **4 Sets 12 Reps**
 - 2A) Deadlifts
- [] **4 Sets 12 Reps**
 - 3A) Leg Extensions
 - 3B) Leg Curls
- [] **4 Sets 12 Reps**
 - 4A) Narrow Stance Leg Press Machine
 - 4B) Calf Raises (25)

FRIDAY

WARM UP

- [] **4 Sets 12 Reps**
 - 1A) DB Incline Bench Press
 - 1B) Barbell Rows
- [] **4 Sets 12 Reps**
 - 2A) DB Decline Bench Press
 - 2B) Close Grip Lat Pulldown
- [] **4 Sets 12 Reps**
 - 3A) DB Flat Bench
 - 3B) Wide Grip Lat Pulldown
- [] **4 Sets 12 Reps**
 - 4A) DB Fly
 - 4B) DB Reverse Fly

SATURDAY

WARM UP

- [] **4 Sets 12 Reps**
 - 1A) Single Arm DB Overhead Extension
 - 1B) Barbell Curls
- [] **4 Sets 12 Reps**
 - 2A) Barbell Behind the Back Shoulder Shrugs
 - 2B) Hammer Curls
- [] **4 Sets 12 Reps**
 - 3A) DB Push Press
 - 3B) Barbell Skull Crushers
- [] **4 Sets 12 Reps**
 - 4A) Straight Bar Curls
 - 4B) Straight Bar Pushdowns



WEEK 3

MONDAY

WARM UP

- [] **10 Sets 10 Reps**
1A) Back Squats
- [] **4 Sets 12 Reps**
2A) Hack Squat
2B) Leg Press
- [] **4 Sets 12 Reps**
3A) Lunges (each leg)
3B) Split Squat (each leg)
- [] **4 Sets 30 Reps**
4A) Calf Raise

TUESDAY

WARM UP

- [] **4 Sets 10 Reps**
1A) Flat Bench
1B) Pull Ups
- [] **4 Sets 10 Reps**
2A) Incline Bench Press
2B) Single Arm Rows
- [] **4 Sets 10 Reps**
3A) Standing Barbell Press
3B) Side Raises
- [] **4 Sets 10 Reps**
4A) Cable Fly
4B) Bar Rows
- [] **4 Sets 10 Reps**
5A) Push Ups
5B) Lat Pulldowns
- [] **4 Sets 10 Reps**
6A) Barbell High Pulls
6B) Front Raise

WEDNESDAY

WARM UP

- [] **4 Sets 12 Reps**
1A) Bodyweight Dips
1B) Banded Curls
- [] **4 Sets 12 Reps**
2A) Rope Pushdowns
2B) DB Curls
- [] **4 Sets 12 Reps**
3A) V-Bar Pushdowns
3B) DB Hammer Curls
- [] **4 Sets 12 Reps**
4A) Straight Bar Pushdowns
4B) EZ Bar Curls
- [] **4 Sets 12 Reps**
5A) Single Arm Rope Pushdowns
5B) EZ Bar Reverse Curls

THURSDAY

WARM UP

- [] **4 Sets 10 Reps**
1A) Squats
1B) Stiff Leg Deadlift
- [] **4 Sets 12 Reps**
2A) Leg Extensions
2B) Leg Curls
- [] **4 Sets 12 Reps**
3A) Stationary Lunges
3B) Prone Hamstring Curls
- [] **4 Sets 12 Reps**
4A) Banded Hamstring Curls
4B) Split Squats

FRIDAY

WARM UP

- [] **4 Sets 10 Reps**
1A) Flat Bench
1B) Chin Ups
- [] **4 Sets 10 Reps**
2A) Incline Bench
2B) Barbell Row (Underhand grip)
- [] **4 Sets 10 Reps**
3A) Forward Lean Dips
3B) Unsupported Barbell Shoulder Press
- [] **4 Sets 10 Reps**
4A) Lat Pulldowns
4B) Side Raise
- [] **4 Sets 10 Reps**
5A) Cable Fly
5B) Straight Bar Front Raise

SATURDAY

WARM UP

- [] **4 Sets 12 Reps**
1A) DB Curls
1B) DB Kickbacks
- [] **4 Sets 12 Reps**
2A) Spider Curls
2B) Incline DB Skull Crusher
- [] **4 Sets 12 Reps**
3A) Incline Curls
3B) Overhead DB Extension
- [] **4 Sets 12 Reps**
4A) Straight Bar Curls
4B) Straight Bar Supinated Pushdown
- [] **4 Sets 12 Reps**
5A) Barbell Wrist Curls
5B) Tricep Push Ups

WEEK 4

MONDAY

WARM UP

- [] **4 Sets 15 Reps**
 - 1A) Goblet Squats
 - 1B) Standing Calf Raise
- [] **4 Sets 15 Reps**
 - 2A) Leg Extension
 - 2B) Leg Curls
- [] **4 Sets 15 Reps**
 - 3A) Leg Press
 - 3B) Seated Calf Raise
- [] **4 Sets 15 Reps**
 - 4A) Prone Hamstring Curls
 - 4B) Stiff Leg Deadlift

TUESDAY

WARM UP

- [] **4 Sets 10 Reps**
 - 1A) Close Grip Flat Bench
 - 1B) Pull Ups
- [] **4 Sets 10 Reps**
 - 2A) Wide Grip Flat Bench
 - 2B) Push Press
- [] **4 Sets 10 Reps**
 - 3A) Cable Fly
 - 3B) DB Snatches
- [] **4 Sets 10 Reps**
 - 4A) Reverse Fly
 - 4B) Barbell Cleans
- [] **4 Sets 10 Reps**
 - 5A) Single Arm Cable Pulldowns
 - 5B) Barbell Clean & Press

WEDNESDAY

WARM UP

- [] **4 Sets 12 Reps**
 - 1A) Straight Bar Preacher Curls
 - 1B) Supported DB Overhead Extension
- [] **4 Sets 12 Reps**
 - 2A) Single Arm DB Preacher Curls
 - 2B) Single Arm Kickbacks
- [] **4 Sets 12 Reps**
 - 3A) Wall Curls
 - 3B) Rope Pushdowns
- [] **4 Sets 21 Reps**
 - 4A) Ez Bar Curls
 - 4B) Straight Bar Pushdown

THURSDAY

WARM UP

- [] **4 Sets 10 Reps**
 - 1A) Front Squats
 - 1B) Walking Lunges (Each Leg)
- [] **4 Sets 10 Reps**
 - 2A) Suitcase Squats
 - 2B) Hack Squats
- [] **4 Sets 10 Reps**
 - 3A) Single Leg Extension
 - 3B) Leg Curls
- [] **4 Sets 10 Reps**
 - 4A) Hip Thrusters
 - 4B) Kickbacks

FRIDAY

WARM UP

- [] **4 Sets 10 Reps**
 - 1A) DB Flat Bench
 - 1B) DB Dual Rows
- [] **4 Sets 10 Reps**
 - 2A) DB Incline Bench
 - 2B) Seated Side Raise
- [] **4 Sets 10 Reps**
 - 3A) DB Decline Bench
 - 3B) Seated Front Raise
- [] **4 Sets 10 Reps**
 - 4A) DB Pullover
 - 4B) Chin Ups

SATURDAY

WARM UP

- [] **4 Sets 12 Reps**
 - 1A) Incline Curls
 - 1B) Weighted Dips
- [] **4 Sets 12 Reps**
 - 2A) Reverse Curls
 - 2B) Single Arm Overhead Extension
- [] **4 Sets 12 Reps**
 - 3A) Straight Bar Curls
 - 3B) Straight Bar Pushdowns
- [] **4 Sets 3 Different Drop Sets for Each Set 10 Reps**
 - 4A) Bicep Blaster Hammer Curls
 - 4B) Rope Pushdown

