

12 WEEKS

| MONDAY | | | | ABS |
|--------------------------------------|---|-------------|-------------------|------------------------|
| CHEST | | SETS | REPS | 30 SEC 3 ROUNDS |
| FLAT DB PRESS | 6 | 15 | 13 11 9 7 5 | SIT UPS |
| INCLINE BB PRESS | 4 | | 12 10 8 8 | CROSS OVERS |
| INCLINE FLYS | 4 | | 15 15 15 15 | LEG RAISES |
| DIPS | 4 | | 15 15 15 15 | PLANK |
| STRAIGHT B PUSH DOWNS | 4 | | 15 15 15 15 | |
| V BAR PUSH DOWNS | 4 | | 12 12 12 12 | |
| TUESDAY | | | | ABS |
| LEGS | | SETS | REPS | 30 SEC 3 ROUNDS |
| LEGS EXTENSION | 6 | 15 | 15 15 12 12 10 | SIT UPS |
| SQUATS | 4 | | 15 15 10 8 | CROSS OVERS |
| STANDING LUNGES | 4 | | 10 10 10 10 | LEG RAISES |
| HIP FLEXORS | 4 | | 15 15 15 15 | PLANK |
| SEATED HAM CURLS | 4 | | 15 15 15 15 | |
| STANDING HAM CURLS | 4 | | 15 15 15 15 | |
| DB STIFF LEG | 4 | | 15 15 15 15 | |
| WEDNESDAY | | | | ABS |
| BACK | | SETS | REPS | 30 SEC 3 ROUNDS |
| DEAD LIFT | 6 | 15 | 15 12 12 8 6 | SIT UPS |
| BB BENT OVER ROWS | 5 | | 15 15 12 10 8 | CROSS OVERS |
| LAT PULLDOWNS | 4 | | 15 15 15 10 | LEG RAISES |
| CLOSE GRIP PULL | 4 | | 15 15 15 15 | PLANK |
| BACK EXTENSIONS | 5 | | 15 15 15 15 15 | |
| INLINE DB PULL | 5 | | 15 15 15 12 10 | |
| FRIDAY | | | | ABS |
| SHOULDERS | | SETS | REPS | 30 SEC 3 ROUNDS |
| DB PRESS | 4 | 15 | 12 10 10 | SIT UPS |
| SIDE LAT RAISES + WIDE UP RIGHT ROWS | 6 | 20 | 18 16 14 12 10 | CROSS OVERS |
| INCLINE SINGLE RAISES | 4 | | 15 13 11 9 | LEG RAISES |
| ALTERNATIVE RAISES + BB FRONT RAISES | 5 | | 16 14 12 10 8 | PLANK |
| REAR DELT FLYS + FACE PULL | 4 | | 15 13 11 9 | |
| BB SHRUGS + DB SHRUGS | 6 | | 20 18 16 14 12 10 | |
| SATURDAY | | | | ABS |
| ARMS | | SETS | REPS | 30 SEC 3 ROUNDS |
| CURLS | 4 | 15 | 15 15 15 | SIT UPS |
| BB CURLS | 4 | | 12 12 12 12 | CROSS OVERS |
| CABLE BAR CURLS | 4 | | 12 12 12 12 | LEG RAISES |
| STRAIGHT B PUSH DOWNS | 4 | | 15 15 15 15 | PLANK |
| V BAR PUSH DOWNS | 4 | | 12 12 12 12 | |
| ROPE PUSH DOWNS | 4 | | 10 10 10 10 | |

12 Week Training Program Suspension Training

Léo Pomar



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