

Frequency: Twice a week

Goal: Improve the strength

Body type: Rectangle

	Exercise	Set	Rep	Rest	Part of body
Day 1	Incline Inner Biceps Curl	2	4	1'	Arms (front)
	Air Bike	6	15	30"	Abdomen
	Alternating Hammer Curl	2	4	1'	Arms (front)
	Decline Oblique Crunches	6	15	30"	Abdomen
	Wide Grip Lat Pulldown	2	6	1'	Back
	Back Supported Hanging Knee Raises	6	15	30"	Abdomen
	Feet Elevated Inverted Rows	2	6	1'	Back
	Alternating Heel Touches	6	15	30"	Abdomen

	Exercise	Set	Rep	Rest	Part of body
Day 2	Triceps kickbacks	2	4	1'	Arms (back)
	Narrow Grip Bench Press	2	4	1'	Arms (back)
	Decline Chest Press	3	3	1'	Chest
	Decline Dumbbell Flyes	3	3	1'	Chest
	Landmine Single Arm Jammer	2	6	1'	Shoulders
	Standing Single Arm Neutral Grip Dumbbell Shoulder Press	2	6	1'	Shoulders
	Cossack Squat	2	6	1'	Legs (int./ext.)
	Leg Extension	2	4	1'15"	Legs (front)
	weighted lunges	2	4	1'15"	Legs (front)
	Seated Calf Raise (Leg Press Machine)	4	10	30"	Calves
	Glute Press Machine	2	4	1'15"	Legs (back)
	Laying Hamstring Curl	2	4	1'15"	Legs (back)

	Exercise	Set	Rep	Rest	Period
Aerobic	Treadmill (Walking)	1	5'	no rest	Day 1
	Treadmill (Jogging)	1	25'		
	Recumbent Stationary Bike	1	15'	no rest	Day 2
	Treadmill (Jogging)	1	15'		

\* The number of repetitions is only a reference for quantity. If the repetitions are below, decrease the weight.  
If the repetitions are above, increase the weight.

\* On the day you train your legs, do aerobics first