

Frequency: Six times a week

Goal: Gain muscular mass

Body type: Hourglass

Day 1	Exercise	Set	Rep	Rest	Part of body
	Dumbbell Bicep Curls	4	8	30"	Arms (front)
	Cable Preacher Curls	6	8	30"	Arms (front)
	Landmine Bent Over Two Arm Rows	4	10	30"	Back
	Single-Arm Row	4	12	30"	Back
	Landmine 180's	3	20	30"	Abdomen
	3:4 Sit Up	3	30	30"	Abdomen
Day 2	Exercise	Set	Rep	Rest	Part of body
	Narrow Grip Bench Press	4	10	30"	Arms (back)
	Rope Tricep Extensions (down)	4	10	30"	Arms (back)
	Flat Bench Press	4	12	30"	Chest
	Push Up	6	10	30"	Chest
	Rear Delt Fly	6	10	30"	Shoulders
Day 3	Exercise	Set	Rep	Rest	Part of body
	Burpees	6	10	45"	Legs (front)
	Laying Hamstring Curl	4	12	30"	Legs (back)
	Cossack Squat	3	12	30"	Legs (int./ext.)
	Abductor/adductor machine	3	12	30"	Legs (int./ext.)
	Double-Leg Calf Raise	4	20	15"	Calves
Day 4	Exercise	Set	Rep	Rest	Part of body
	Incline Inner Biceps Curl	4	12	30"	Arms (front)
	Alternating Hammer Curl	4	10	30"	Arms (front)
	Feet Elevated Inverted Rows	4	10	30"	Back
	Wide Grip Lat Pulldown	4	10	30"	Back
	Plate Side Bends	4	25	30"	Abdomen
Day 5	Exercise	Set	Rep	Rest	Part of body
	Narrow Grip Bench Press	4	10	30"	Arms (back)
	Rope Tricep Extensions (down)	4	10	30"	Arms (back)
	Decline Chest Press	4	12	30"	Chest
	Decline Dumbbell Flyes	6	10	30"	Chest
	Dumbbell Lateral Raise	6	10	30"	Shoulders
Day 6	Exercise	Set	Rep	Rest	Part of body
	Hex Bar Deadlift	4	12	30"	Legs (front)
	Barbell Stiff-Legged Deadlifts	4	12	30"	Legs (back)
	Abductor/adductor machine	3	12	30"	Legs (int./ext.)
	Single-Leg Calf Raise	2	25	30"	Calves
	Double-Leg Calf Raise	4	25	30"	Calves
Aerobic	Exercise	Set	Rep	Rest	Period
	Rope Jumping	3	100	1'	Day 1 and 4
	Treadmill (Jogging)	1	30'		Day 2 and 5
Aerobic	Exercise	Set	Rep	Rest	Period
	Stationary bike	1	30'		Day 3 and 6

* 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

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