

Frequency: Twice a week

Goal: Gain muscular mass

Body type: Hourglass

	Exercise	Set	Rep	Rest	Part of body
Day 1	Alternating Hammer Curl	4	8	30"	Arms (front)
	Plate Side Bends	4	15	30"	Abdomen
	Cable Preacher Curls	6	10	30"	Arms (front)
	Alternating Heel Touches	4	25	15"	Abdomen
	Landmine Bent Over Two Arm Rows	6	10	30"	Back
	Back Supported Hanging Knee Raises	1	20	no rest	Abdomen
	Single-Arm Row	4	8	30"	Back
	Toe Touchers	1	20	no rest	Abdomen

	Exercise	Set	Rep	Rest	Part of body
Day 2	Narrow Grip Bench Press	4	12	30"	Arms (back)
	Rope Tricep Extensions (down)	4	12	30"	Arms (back)
	Decline Dumbbell Flyes	4	10	30"	Chest
	Dumbbell Bicep Curls	4	10	30"	Chest
	Rear Delt Fly	3	12	30"	Shoulders
	Dumbbell Lateral Raise	3	12	30"	Shoulders
	Cossack Squat	4	10	45"	Legs (int./ext.)
	Leg Extension	4	10	45"	Legs (front)
	weighted lunges	4	10	45"	Legs (front)
	Double-Leg Calf Raise	6	15	30"	Calves
	Glute Press Machine	4	10	1'	Legs (back)
	Laying Hamstring Curl	4	10	1'	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