

Frequency: Five times a week

Goal: Lose weight

Body type: Hourglass

Day 1	Exercise	Set	Rep	Rest	Part of body
	Dumbbell Bicep Curls	3	12	30"	Arms (front)
	Cable Preacher Curls	3	12	30"	Arms (front)
	3:4 Sit Up	4	30	30"	Abdomen
	Plate Side Bends	4	30	30"	Abdomen
	Feet Elevated Inverted Rows	3	20	30"	Back
	Wide Grip Lat Pulldown	3	20	30"	Back
	Single-Arm Row	3	20	30"	Back
Double-Leg Calf Raise	4	15	30"	Calves	
Day 2	Exercise	Set	Rep	Rest	Part of body
	Chest Press Machine	3	12	30"	Chest
	Triceps kickbacks	3	12	30"	Arms (back)
	Flat Bench Press	3	12	30"	Chest
	Push Up	3	12	30"	Chest
	Narrow Grip Bench Press	3	12	30"	Arms (back)
	Rope Tricep Extensions (down)	3	12	30"	Arms (back)
	Rear Delt Fly	3	15	30"	Shoulders
Landmine Single Arm Jammer	3	15	30"	Shoulders	
Day 3	Exercise	Set	Rep	Rest	Part of body
	Dumbbell Bicep Curls	3	12	30"	Arms (front)
	Cable Preacher Curls	3	12	30"	Arms (front)
	Bicycle crunches	4	30	30"	Abdomen
	Coccons	4	30	30"	Abdomen
	Feet Elevated Inverted Rows	3	20	30"	Back
	Landmine Bent Over Two Arm Rows	3	20	30"	Back
	Single-Arm Row	3	20	30"	Back
Single-Leg Calf Raise	4	15	30"	Calves	
Day 4	Exercise	Set	Rep	Rest	Part of body
	Chest Press Machine	3	12	30"	Chest
	Narrow Grip Bench Press	3	12	30"	Arms (back)
	Push Up	3	12	30"	Chest
	Decline Chest Press	3	12	30"	Chest
	Rope Tricep Extensions (down)	3	12	30"	Arms (back)
	Triceps kickbacks	3	12	30"	Arms (back)
	Rear Delt Fly	3	15	30"	Shoulders
Dumbbell Lateral Raise	3	15	30"	Shoulders	
Day 5	Exercise	Set	Rep	Rest	Part of body
	45 Degree Leg Press Shoulder Width Stance	3	15	30"	Legs (front)
	Hex Bar Deadlift	3	15	30"	Legs (front)
	weighted lunges	3	15	30"	Legs (front)
	Cossack Squat	3	15	30"	Legs (int./ext.)
	Abductor/adductor machine	3	15	30"	Legs (int./ext.)
	Barbell Stiff-Legged Deadlifts	3	15	30"	Legs (back)
	Laying Hamstring Curl	3	15	30"	Legs (back)
Glute Press Machine	3	15	30"	Legs (back)	
Seated Calf Raise (Leg Press Machine)	4	15	30"	Calves	
Aerobic	Exercise	Set	Rep	Rest	Period
	Rope Jumping	6	50	45"	After training Days 1 - 3
	Treadmill (Walking)	1	5'	no rest	
	Treadmill (Jogging)		30'		
	Treadmill (Running)		20'		
	Treadmill (Jogging)		30'		
	Treadmill (Running)	5'	After training Days 2 - 4		
	Crossover Mountain Climbers	1		15'	no rest
	Wind Bike	1		15'	no rest
	Stationary Rowing	1	30'	no rest	Before training Day 5
	Recumbent Stationary Bike	1	30'	no rest	
	Step Mill	1	30'	no rest	

\* 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