

Frequency: Twice a week

Goal: Improve fitness/endurance

Body type: Apple

|       | Exercise                           | Set | Rep | Rest | Part of body |
|-------|------------------------------------|-----|-----|------|--------------|
| Day 1 | Incline Inner Biceps Curl          | 3   | 20  | 30"  | Arms (front) |
|       | Air Bike                           | 4   | 20  | 15"  | Abdomen      |
|       | Alternating Hammer Curl            | 3   | 12  | 30"  | Arms (front) |
|       | Decline Oblique Crunches           | 4   | 20  | 15"  | Abdomen      |
|       | Wide Grip Lat Pulldown             | 3   | 20  | 30"  | Back         |
|       | Back Supported Hanging Knee Raises | 4   | 20  | 15"  | Abdomen      |
|       | Feet Elevated Inverted Rows        | 3   | 20  | 30"  | Back         |
|       | Alternating Heel Touches           | 4   | 20  | 15"  | Abdomen      |

|       | Exercise   | Set | Rep | Rest | Part of body     |
|-------|--|-----|-----|------|------------------|
| Day 2 | Triceps kickbacks  | 3   | 20  | 30"  | Arms (back)      |
|       | Narrow Grip Bench Press                                  | 3   | 20  | 30"  | Arms (back)      |
|       | Decline Chest Press                                      | 3   | 20  | 30"  | Chest            |
|       | Decline Dumbbell Flyes                                   | 3   | 20  | 30"  | Chest            |
|       | Landmine Single Arm Jammer                               | 3   | 20  | 30"  | Shoulders        |
|       | Standing Single Arm Neutral Grip Dumbbell Shoulder Press | 3   | 20  | 30"  | Shoulders        |
|       | Cossack Squat  | 4   | 15  | 45"  | Legs (int./ext.) |
|       | Leg Extension  | 4   | 15  | 45"  | Legs (front)     |
|       | weighted lunges  | 4   | 15  | 30"  | Legs (front)     |
|       | Seated Calf Raise (Leg Press Machine)                    | 2   | 60  | 45"  | Calves           |
|       | Glute Press Machine                                      | 4   | 15  | 45"  | Legs (back)      |
|       | Laying Hamstring Curl                                    | 4   | 15  | 45"  | Legs (back)      |

|         | Exercise        | Set | Rep | Rest    | Period |
|---------|-----------------|-----|-----|---------|--------|
| Aerobic | Rope Jumping    | 4   | 100 | 1'      | Day 1  |
|         | Stationary bike | 1   | 10' | no rest |        |
|         | Rope Jumping    | 4   | 100 | 1'      | Day 2  |
|         | Wind Bike       | 1   | 10' | 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