PWLife®

Frequency: **Twice a week**

Goal: **Improve cardiorespiratory system**

Body type: **Hourglass**

Day 1

Exercise	Set	Rep	Rest	Part of body
Incline Inner Biceps Curl	2	12	30'	Arms (front)
3:4 Sit Up	3	20	15'	Abdomen
Alternating Hammer Curl	2	12	30'	Arms (front)
Alternating Heel Touches	3	20	15'	Abdomen
Hyperextensions	2	12	30'	Back
Back Supported Hanging Knee Raises	3	20	15'	Abdomen
Seated Rows	2	12	30'	Back
Back Supported Hanging Knee Raises	3	20	15'	Abdomen

Day 2

Exercise	Set	Rep	Rest	Part of body
Narrow Grip Bench Press	2	15	30'	Arms (back)
Triceps kickback	2	15	30'	Arms (back)
Push Up	2	15	30'	Chest
Flat Bench Press	2	15	30'	Chest
Dumbbell Lateral Raise	2	15	30'	Shoulders
Seated Arnold Press	2	15	30'	Shoulders
Abductor/adductor machine	3	10	45'	Legs (int./ext.)
45 Degree Leg Press Shoulder Width Stance	3	10	45'	Legs (front)
Hex Bar Deadlift	3	10	30'	Legs (front)
Double-Leg Calf Raise	3	15	45'	Calves
Glute Press Machine	3	10	45'	Legs (back)
Barbell Stiff-Legged Deadlifts	3	10	45'	Legs (back)

Aerobic

Exercise	Set	Rep	Rest	Period
Wind Bike	1	10'	no rest	
Rope Jumping	4	100	1'	
Stationary bike	1	10'	no rest	
Treadmill (Walking)		5'		
Treadmill (Jogging)		30'		Everyday After training
Treadmill (Running)	1	20'	no rest	
Treadmill (Jogging)		30'		
Treadmill (Running)		5'		
Stationary Rowing	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