

Frequency: Six times a week

Goal: Improve cardiorespiratory system

Body type: Rectangle

	Exercise	Set	Rep	Rest	Part of body
Day 1	Incline Inner Biceps Curl	3	15	30"	Arms (front)
	Alternating Hammer Curl	3	15	30"	Arms (front)
	Hyperextensions	3	15	30"	Back
	Wide Grip Lat Pulldown	3	15	30"	Back
	Air Bike	4	50	30"	Abdomen
	Decline Oblique Crunches	6	30	15"	Abdomen
Day 2	Narrow Grip Bench Press	3	15	30"	Arms (back)
	Triceps kickbacks	3	15	30"	Arms (back)
	Flat Bench Press	3	15	30"	Chest
	Push Up	3	15	30"	Chest
	Dumbbell Lateral Raise	6	12	30"	Shoulders
	Landmine 180's	6	40	30"	Abdomen
Day 3	45 Degree Leg Press Shoulder Width Stance	3	15	30"	Legs (front)
	Barbell Stiff-Legged Deadlifts	3	15	30"	Legs (back)
	Abductor/adductor machine	3	15	30"	Legs (int./ext.)
	Seated Calf Raise (Leg Press Machine)	4	15	15"	Calves
	Double-Leg Calf Raise	4	15	15"	Calves
	Alternating Heel Touches	6	30	15"	Abdomen
Day 4	Dumbbell Bicep Curls	3	15	30"	Arms (front)
	Cable Preacher Curls	3	15	30"	Arms (front)
	Landmine Bent Over Two Arm Rows	3	15	30"	Back
	Single-Arm Row	3	15	30"	Back
	Coccons	4	50	30"	Abdomen
	Bicycle crunches	6	30	15"	Abdomen
Day 5	Narrow Grip Bench Press	3	15	30"	Arms (back)
	Rope Tricep Extensions (down)	3	15	30"	Arms (back)
	Decline Chest Press	3	15	30"	Chest
	Dumbbell Bicep Curls	3	15	30"	Chest
	Seated Arnold Press	6	12	30"	Shoulders
	Butt-Ups	6	40	30"	Abdomen
Day 6	Leg Extension	4	15	30"	Legs (front)
	Laying Hamstring Curl	4	15	30"	Legs (back)
	Abductor/adductor machine	4	15	30"	Legs (int./ext.)
	Single-Leg Calf Raise	4	15	15"	Calves
	Double-Leg Calf Raise	4	15	15"	Calves
	Toe Touchers	6	30	15"	Abdomen
Aerobic	Treadmill (Walking)	1	5'	no rest	After training Everyday (days 1-2-4-5)
	Treadmill (Jogging)		30'		
	Treadmill (Running)		20'		
	Treadmill (Jogging)		30'		
	Treadmill (Running)		5'		
	Stationary Rowing	1	30'	no rest	Day 1 and 4
	Rope Jumping	2	200'	1'	
	Step Mill	1	25'	no rest	Day 2 and 5
	Stationary Rowing	1	25'	no rest	
	Wind Bike	1	20'	no rest	Day 3 and 6
	Rope Jumping	3	150'	1'	

\* 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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