

Frequency: Four times a week

Goal: Improve cardiorespiratory system

Body type: Rectangle

Day 1	Exercise	Set	Rep	Rest	Part of body
	Feet Elevated Inverted Rows	3	12	30'	Back
	Cable Preacher Curls	3	12	30'	Arms (front)
	Wide Grip Lat Pulldown	3	30	30'	Back
	Single-Arm Row	4	30	30'	Back
	Incline Inner Biceps Curl	3	15	30'	Arms (front)
	Alternating Hammer Curl	3	15	30'	Arms (front)
	Seated Single Arm Wrist Curls Palm Up	3	10	30'	Shoulders
	Standing Barbell Shoulder Press Behind The Head	2	20	15'	Shoulders

Day 2	Exercise	Set	Rep	Rest	Part of body
	3:4 Sit Up	4	20	30"	Abdomen
	Plate Side Bends	4	30	1'	Abdomen
	Laying Hamstring Curl	3	15	30"	Legs (back)
	45 Degree Leg Press Shoulder Width Stance	4	15	45"	Legs (front)
	Barbell Stiff-Legged Deadlifts	3	15	30"	Legs (back)
	Hex Bar Deadlift	3	15	30"	Legs (front)
	Cossack Squat	3	10	30"	Legs (int./ext.)
	Seated Calf Raise (Leg Press Machine)	4	20	15"	Calves

Day 3	Exercise	Set	Rep	Rest	Part of body
	Flat Bench Press	3	15	30"	Chest
	Narrow Grip Bench Press	3	15	30"	Arms (back)
	Dumbbell Bicep Curls	3	15	30"	Chest
	Decline Dumbbell Flyes	4	15	30"	Chest
	Rope Tricep Extensions (down)	3	15	30"	Arms (back)
	Triceps kickback	3	15	30"	Arms (back)
	Dumbbell Lateral Raise	4	15	30"	Shoulders
	Seated Arnold Press	2	20	15"	Shoulders

Day 4	Exercise	Set	Rep	Rest	Part of body
	Air Bike	3	40	30"	Abdomen
	Laying Hamstring Curl	3	20	30"	Abdomen
	Barbell Stiff-Legged Deadlifts	3	15	30"	Legs (back)
	Burpees	4	30	1'	Legs (front)
	Laying Hamstring Curl	3	15	30"	Legs (back)
	weighted lunges	3	15	30"	Legs (front)
	Abductor/adductor machine	3	15	30"	Legs (int./ext.)
	Double-Leg Calf Raise	4	20	15"	Calves

Aerobic	Exercise	Set	Rep	Rest	Period
	Crossover Mountain Climbers	5	30"	30"	Before training
	Treadmill (Walking)	1	5'	no rest	Before training
	Treadmill (Jogging)		30'		Before training
	Treadmill (Running)		20'		Before training
	Treadmill (Jogging)		30'		Before training
	Treadmill (Running)		5'		Before training
	Wind Bike	1	10'	no rest	After training
	Stationary bike	1	10'	no rest	After training
	Stationary Rowing	1	10'	no rest	After training
	Step Mill	1	10'	no rest	After training
	Rope Jumping	4	100	1'	After training

* 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