

Frequency: Once a week  
 Goal: Improve the strength  
 Body type: Apple

Aerobic	Exercise	Set	Rep	Rest	Period
	Treadmill (Walking)	1	5'	no rest	Before training
	Treadmill (Jogging)	1	5'		
	Treadmill (Running)	1	5'		

Day 1	Exercise	Set	Rep	Rest	Part of body
	Narrow Grip Bench Press	2	4	1'	Arms (back)
	Rope Tricep Extensions (down)	2	4	1'	Arms (back)
	Dumbbell Bicep Curls	2	4	1'	Arms (front)
	Cable Preacher Curls	2	4	1'	Arms (front)
	Landmine Bent Over Two Arm Rows	2	6	1'	Back
	Single-Arm Row	2	6	1'	Back
	Flat Bench Press	3	3	1'	Chest
	Push Up	3	3	1'	Chest
	Dumbbell Lateral Raise	2	6	1'	Shoulders
	Seated Arnold Press	2	6	1'	Shoulders
	Bicycle crunches	6	15	30"	Abdomen
	Barbell Stiff-Legged Deadlifts	2	4	1'15"	Legs (back)
	Laying Hamstring Curl	2	4	1'15"	Legs (back)
	45 Degree Leg Press Shoulder Width Stance	2	4	1'15"	Legs (front)
	Hex Bar Deadlift	2	4	1'15"	Legs (front)
	Cossack Squat	2	6	1'	Legs (int./ext.)
	Abductor/adductor machine	2	6	1'	Legs (int./ext.)
	3:4 Sit Up	6	15	30"	Abdomen
	Seated Calf Raise (Leg Press Machine)	4	10	30"	Calves
	Landmine 180's	6	15	45"	Abdomen

Aerobic	Exercise	Set	Rep	Rest	Period
	Wind Bike	1	10'	2'	After training
	Stationary bike	1	10'		
	Step Mill	1	10'		

\* The number of repetitions is only a reference for quantity. If the repetitions are below,

\* On the day you train your legs, do aerobics first