

Frequency: Once a week

Goal: Gain muscular mass

Body type: Hourglass

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	4	12	30"	Arms (back)
	Rope Tricep Extensions (down)	4	10	30"	Arms (back)
	Dumbbell Bicep Curls	4	12	30"	Arms (front)
	Cable Preacher Curls	4	10	30"	Arms (front)
	Landmine Bent Over Two Arm Rows	3	10	30"	Back
	Single-Arm Row	3	10	30"	Back
	Flat Bench Press	4	12	45"	Chest
	Push Up	4	12	45"	Chest
	Dumbbell Lateral Raise	4	10	30"	Shoulders
	Seated Arnold Press	4	10	30"	Shoulders
	Bicycle crunches	3	1'	1'	Abdomen
	Barbell Stiff-Legged Deadlifts	4	12	60"	Legs (back)
	Laying Hamstring Curl	4	10	60"	Legs (back)
	45 Degree Leg Press Shoulder Width Stance	4	8	60"	Legs (front)
	Hex Bar Deadlift	4	8	60"	Legs (front)
	Cossack Squat	2	10	30"	Legs (int./ext.)
	Abductor/adductor machine	2	10	30"	Legs (int./ext.)
	3:4 Sit Up	3	12	30"	Abdomen
	Seated Calf Raise (Leg Press Machine)	6	10	30"	Calves
	Landmine 180's	4	12	30"	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