

Frequency: Six times a week

Goal: Lose weight

Body type: Hourglass

Day 1	Exercise	Set	Rep	Rest	Part of body
	Incline Inner Biceps Curl	3	12	30"	Arms (front)
	Cable Preacher Curls	3	12	30"	Arms (front)
	Feet Elevated Inverted Rows	3	12	30"	Back
	Wide Grip Lat Pulldown	3	12	30"	Back
	Bicycle crunches	3	60	30"	Abdomen
	Coccons	3	60	30"	Abdomen
Day 2	Exercise	Set	Rep	Rest	Part of body
	Narrow Grip Bench Press	3	12	30"	Arms (back)
	Triceps kickbacks	3	12	30"	Arms (back)
	Flat Bench Press	3	12	30"	Chest
	Push Up	3	12	30"	Chest
	Standing Single Arm Neutral Grip Dumbbell Shoulder Press	3	15	30"	Shoulders
	Plate Side Bends	4	30	30"	Abdomen
Day 3	Exercise	Set	Rep	Rest	Part of body
	Burpees	3	15	30"	Legs (front)
	Glute Press Machine	3	15	30"	Legs (back)
	Cossack Squat	3	15	30"	Legs (int./ext.)
	Single-Leg Calf Raise	4	20	30"	Calves
	Double-Leg Calf Raise	4	15	30"	Calves
	Air Bike	3	30	15"	Abdomen
Day 4	Exercise	Set	Rep	Rest	Part of body
	Dumbbell Bicep Curls	3	20	30"	Arms (front)
	Alternating Hammer Curl	3	20	30"	Arms (front)
	Landmine Bent Over Two Arm Rows	3	20	30"	Back
	Single-Arm Row	3	20	30"	Back
	Decline Oblique Crunches	4	20	15"	Abdomen
	Alternating Heel Touches	4	20	15"	Abdomen
Day 5	Exercise	Set	Rep	Rest	Part of body
	Rope Tricep Extensions (down)	3	12	30"	Arms (back)
	Triceps kickbacks	3	12	30"	Arms (back)
	Decline Chest Press	3	12	30"	Chest
	Decline Dumbbell Flyes	3	12	30"	Chest
	Landmine Single Arm Jammer	3	15	30"	Shoulders
	3:4 Sit Up	4	30	30"	Abdomen
Day 6	Exercise	Set	Rep	Rest	Part of body
	Leg Extension	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	20	30"	Calves
	Double-Leg Calf Raise	4	15	30"	Calves
	Decline Oblique Crunches	3	30	15"	Abdomen
Aerobic	Exercise	Set	Rep	Rest	Period
	Rope Jumping	6	50	30"	After training Days 1 - 2
	Treadmill (Walking)	1	5'	no rest	
	Treadmill (Jogging)		30'		
	Treadmill (Running)		20'		
	Treadmill (Jogging)		30'		
	Treadmill (Running)		5'		
	Crossover Mountain Climbers	1	20'	no rest	After training Days 3 - 4
	Wind Bike	1	20'	no rest	
	Stationary Rowing	1	20'	no rest	
	Recumbent Stationary Bike	1	30'	no rest	Before training Days 5 - 6
	Step Mill	1	30'	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

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