

Frequency: Three times a week

Goal: Improve the strength

Body type: Rectangle

Day 1	Exercise	Set	Rep	Rest	Part of body
	Cable Preacher Curls	2	4	1'	Arms (front)
	Incline Inner Biceps Curl	2	4	1'	Arms (front)
	Bicycle crunches	6	15	30"	Abdomen
	Coccons	6	15	30"	Abdomen
	Landmine Bent Over Two Arm Rows	2	6	1'	Back
	Single-Arm Row	2	6	1'	Back
	Wide Grip Lat Pulldown	2	6	1'	Back
	Single-Leg Calf Raise	4	10	30"	Calves
Day 2	Exercise	Set	Rep	Rest	Part of body
	Chest Press Machine	3	3	1'	Chest
	Triceps kickbacks	2	4	1'	Arms (back)
	Push Up	3	3	1'	Chest
	Flat Bench Press	3	3	1'	Chest
	Narrow Grip Bench Press	2	4	1'	Arms (back)
	Rope Tricep Extensions (down)	2	4	1'	Arms (back)
	Standing Single Arm Neutral Grip Dumbbell Shoulder Press	2	6	1'	Shoulders
	Standing Barbell Shoulder Press Behind The Head	2	6	1'	Shoulders
Day 3	Exercise	Set	Rep	Rest	Part of body
	Decline Oblique Crunches	6	15	30"	Abdomen
	Back Supported Hanging Knee Raises	6	15	30"	Abdomen
	Barbell Stiff-Legged Deadlifts	2	4	1'15"	Legs (back)
	Burpees	2	4	1'15"	Legs (front)
	Laying Hamstring Curl	2	4	1'15"	Legs (back)
	45 Degree Leg Press Shoulder Width Stance	2	4	1'15"	Legs (front)
	Abductor/adductor machine	2	6	1'	Legs (int./ext.)
Aerobic	Exercise	Set	Rep	Rest	Period
	Crossover Mountain Climbers	3	100	1'	Day 1
	Wind Bike	1	10'	no rest	Day 2
	Rope Jumping	3	100	1'	Day 3

\* 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