

Frequency: Twice a week

Goal: Improve cardiorespiratory system

Body type: Rectangle

	Exercise	Set	Rep	Rest	Part of body
Day 1	Incline Inner Biceps Curl	2	12	30'	Arms (front)
	3:4 Sit Up	3	20	15'	Abdomen
	Alternating Hammer Curl	2	12	30'	Arms (front)
	Alternating Heel Touches	3	20	15'	Abdomen
	Hyperextensions	2	12	30'	Back
	Back Supported Hanging Knee Raises	3	20	15'	Abdomen
	Seated Rows	2	12	30'	Back
	Back Supported Hanging Knee Raises	3	20	15'	Abdomen

	Exercise	Set	Rep	Rest	Part of body
Day 2	Narrow Grip Bench Press	2	15	30'	Arms (back)
	Triceps kickback	2	15	30'	Arms (back)
	Push Up	2	15	30'	Chest
	Flat Bench Press	2	15	30'	Chest
	Dumbbell Lateral Raise	2	15	30'	Shoulders
	Seated Arnold Press	2	15	30'	Shoulders
	Abductor/adductor machine	3	10	45'	Legs (int./ext.)
	45 Degree Leg Press Shoulder Width Stance	3	10	45'	Legs (front)
	Hex Bar Deadlift	3	10	30'	Legs (front)
	Double-Leg Calf Raise	3	15	45'	Calves
	Glute Press Machine	3	10	45'	Legs (back)
	Barbell Stiff-Legged Deadlifts	3	10	45'	Legs (back)

Aerobic	Exercise	Set	Rep	Rest	Period
	Wind Bike	1	10'	no rest	Everyday After training
	Rope Jumping	4	100	1'	
	Stationary bike	1	10'	no rest	
	Treadmill (Walking)	1	5'	no rest	
	Treadmill (Jogging)		30'		
	Treadmill (Running)		20'		
	Treadmill (Jogging)		30'		
	Treadmill (Running)		5'		
	Stationary Rowing	1	10'	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