PWLife®

Frequency: Once a week
Goal: Improve cardiorespiratory system
Body type: Hourglass

Aerobic

Exercise	Set	Rep	Rest	Period
Recumbent Stationary Bike	1	30'	no rest	Before training
Stationary bike	1	10'	no rest	
Wind Bike	1	10'	no rest	
Stationary bike	1	10'	no rest	
Step Mill	1	30'	no rest	
Rope Jumping	5	100	1'	

Day 1

Exercise	Set	Rep	Rest	Part of body
Narrow Grip Bench Press	2	12	15"	Arms (back)
Rope Tricep Extensions (down)	2	12	15"	Arms (back)
Incline Inner Biceps Curl	2	12	15"	Arms (front)
Alternating Hammer Curl	2	12	15"	Arms (front)
Wide Grip Lat Pulldown	3	12	15"	Back
Feet Elevated Inverted Rows	3	12	15"	Back
Decline Dumbbell Flyes	3	15	15"	Chest
Decline Chest Press	3	15	15"	Chest
Rear Delt Fly	3	15	15"	Shoulders
Standing Single Arm Neutral Grip Dumbbell	3	15	15"	Shoulders
Coccons	2	20	30"	Abdomen
Barbell Stiff-Legged Deadlifts	3	12	15"	Legs (back)
Laying Hamstring Curl	3	12	15"	Legs (back)
Leg Extension	3	12	15"	Legs (front)
weighted lunges	3	12	15"	Legs (front)
Cossack Squat	3	10	15"	Legs (int./ext.)
Abductor/adductor machine	3	10	15"	Legs (int./ext.)
Toe Touchers	2	20	30"	Abdomen
Seated Calf Raise (Leg Press Machine)	3	30	15"	Calves
Plate Side Bends	2	20	30"	Abdomen

Aerobic

Exercise	Set	Rep	Rest	Period
Treadmill (Walking)	1	5'	no rest	After training
Treadmill (Jogging)		30'		After training
Treadmill (Running)		20'		After training
Treadmill (Jogging)		30'		After training
Treadmill (Running)		5'		After training

* 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