

Frequency: Once a week
 Goal: Improve fitness/endurance
 Body type: Rectangle

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

Day 1	Exercise	Set	Rep	Rest	Part of body
	Narrow Grip Bench Press	3	20	45"	Arms (back)
	Rope Tricep Extensions (down)	3	20	45"	Arms (back)
	Dumbbell Bicep Curls	3	20	45"	Arms (front)
	Cable Preacher Curls	3	20	45"	Arms (front)
	Landmine Bent Over Two Arm Rows	4	20	45"	Back
	Single-Arm Row	2	20	45"	Back
	Flat Bench Press	4	15	30"	Chest
	Push Up	4	15	30"	Chest
	Dumbbell Lateral Raise	3	20	30"	Shoulders
	Seated Arnold Press	3	20	30"	Shoulders
	Landmine 180's	2	40	30"	Abdomen
	Barbell Stiff-Legged Deadlifts	4	30	1'	Legs (back)
	Laying Hamstring Curl	4	30	1'	Legs (back)
	45 Degree Leg Press Shoulder Width Stance	4	30	1'	Legs (front)
	Hex Bar Deadlift	4	30	1'	Legs (front)
	Cossack Squat	4	30	1'	Legs (int./ext.)
	Abductor/adductor machine	4	30	1'	Legs (int./ext.)
	Plate Side Bends	3	30	30"	Abdomen
	Double-Leg Calf Raise	4	30	15"	Calves
	3:4 Sit Up	4	20	15"	Abdomen

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

* 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