

Frequency: Three times a week

Goal: Gain muscular mass

Body type: Rectangle

Day 1	Exercise	Set	Rep	Rest	Part of body
	Dumbbell Bicep Curls	4	12	30"	Arms (front)
	Cable Preacher Curls	4	12	30"	Arms (front)
	Bicycle crunches	4	20	15"	Abdomen
	Coccons	4	20	30"	Abdomen
	Feet Elevated Inverted Rows	4	10	30"	Back
	Single-Arm Row	4	10	10"	Back
	Landmine Bent Over Two Arm Rows	2	10	20"	Back
	Single-Leg Calf Raise	6	20	15"	Calves
Day 2	Exercise	Set	Rep	Rest	Part of body
	Flat Bench Press	4	10	30"	Chest
	Triceps kickback	4	10	30"	Arms (back)
	Push Up	2	12	30"	Chest
	Decline Chest Press	2	12	30"	Chest
	Narrow Grip Bench Press	2	12	45"	Arms (back)
	Rope Tricep Extensions (down)	2	12	45"	Arms (back)
	Standing Single Arm Neutral Grip Dumbbell Shoulder Press	3	12	10"	Shoulders
	Standing Barbell Shoulder Press Behind The Head	3	12	30"	Shoulders
Day 3	Exercise	Set	Rep	Rest	Part of body
	Plate Side Bends	4	30	45"	Abdomen
	Alternating Heel Touches	4	20	15"	Abdomen
	Laying Hamstring Curl	3	12	45"	Legs (back)
	Burpees	3	10	45"	Legs (front)
	Barbell Stiff-Legged Deadlifts	3	12	45"	Legs (back)
	Leg Extension	3	10	45"	Legs (front)
	Abductor/adductor machine	3	15	45"	Legs (int./ext.)
Aerobic	Exercise	Set	Rep	Rest	Period
	Rope Jumping	3	100	1'	Day 1
	Step Mill	1	10'	no rest	Day 2
	Stationary Rowing	1	30'	no rest	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