

Frequency: Twice a week

Goal: Improve fitness/endurance

Body type: Rectangle

Day 1	Exercise	Set	Rep	Rest	Part of body
	Incline Inner Biceps Curl	3	20	30"	Arms (front)
	Air Bike	4	20	15"	Abdomen
	Alternating Hammer Curl	3	12	30"	Arms (front)
	Decline Oblique Crunches	4	20	15"	Abdomen
	Wide Grip Lat Pulldown	3	20	30"	Back
	Back Supported Hanging Knee Raises	4	20	15"	Abdomen
	Feet Elevated Inverted Rows	3	20	30"	Back
	Alternating Heel Touches	4	20	15"	Abdomen

Day 2	Exercise	Set	Rep	Rest	Part of body
	Triceps kickbacks	3	20	30"	Arms (back)
	Narrow Grip Bench Press	3	20	30"	Arms (back)
	Decline Chest Press	3	20	30"	Chest
	Decline Dumbbell Flyes	3	20	30"	Chest
	Landmine Single Arm Jammer	3	20	30"	Shoulders
	Standing Single Arm Neutral Grip Dumbbell Shoulder Press	3	20	30"	Shoulders
	Cossack Squat	4	15	45"	Legs (int./ext.)
	Leg Extension	4	15	45"	Legs (front)
	weighted lunges	4	15	30"	Legs (front)
	Seated Calf Raise (Leg Press Machine)	2	60	45"	Calves
	Glute Press Machine	4	15	45"	Legs (back)
	Laying Hamstring Curl	4	15	45"	Legs (back)

Aerobic	Exercise	Set	Rep	Rest	Period
	Rope Jumping	4	100	1'	Day 1
	Stationary bike	1	10'	no rest	
	Rope Jumping	4	100	1'	Day 2
	Wind Bike	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