

Frequency: Six times a week

Goal: Improve the strength

Body type: Hourglass

Day 1	Exercise	Set	Rep	Rest	Part of body
	Dumbbell Bicep Curls	2	4	1'	Arms (front)
	Cable Preacher Curls	2	4	1'	Arms (front)
	Landmine Bent Over Two Arm Rows	2	6	1'	Back
	Single-Arm Row	2	6	1'	Back
	Back Supported Hanging Knee Raises	6	15	30"	Abdomen
	Alternating Heel Touches	5	20	30"	Abdomen
Day 2	Exercise	Set	Rep	Rest	Part of body
	Narrow Grip Bench Press	2	4	1'	Arms (back)
	Rope Tricep Extensions (down)	2	4	1'	Arms (back)
	Flat Bench Press	3	3	1'	Chest
	Push Up	3	3	1'	Chest
	Back Supported Hanging Knee Raises	2	6	1'	Shoulders
	Landmine 180's	3	4	30"	Abdomen
Day 3	Exercise	Set	Rep	Rest	Part of body
	45 Degree Leg Press Shoulder Width Stance	2	4	1'15"	Legs (front)
	Barbell Stiff-Legged Deadlifts	2	4	1'15"	Legs (back)
	Cossack Squat	2	6	1'	Legs (int./ext.)
	Single-Leg Calf Raise	4	10	30"	Calves
	Seated Calf Raise (Leg Press Machine)	4	10	30"	Calves
	Air Bike	4	20	30"	Abdomen
Day 4	Exercise	Set	Rep	Rest	Part of body
	Incline Inner Biceps Curl	2	4	1'	Arms (front)
	Alternating Hammer Curl	2	4	1'	Arms (front)
	Feet Elevated Inverted Rows	2	6	1'	Back
	Single-Arm Row	2	6	1'	Back
	Decline Oblique Crunches	6	15	30"	Abdomen
	3:4 Sit Up	5	20	30"	Abdomen
Day 5	Exercise	Set	Rep	Rest	Part of body
	Seated Rows	2	4	1'	Arms (back)
	Hyperextensions	2	4	1'	Arms (back)
	Flat Bench Press	3	3	1'	Chest
	Push Up	3	3	1'	Chest
	Dumbbell Lateral Raise	2	6	1'	Shoulders
	Back Supported Hanging Knee Raises	3	4	30"	Abdomen
Day 6	Exercise	Set	Rep	Rest	Part of body
	Hex Bar Deadlift	2	4	1'15"	Legs (front)
	Glute Press Machine	2	4	1'15"	Legs (back)
	Abductor/adductor machine	2	6	1'	Legs (int./ext.)
	Double-Leg Calf Raise	4	10	30"	Calves
	Single-Leg Calf Raise	4	10	30"	Calves
	Air Bike	4	20	30"	Abdomen
Aerobic	Exercise	Set	Rep	Rest	Period
	Rope Jumping	3	100	1'	Day 1 and 4
	Treadmill (Jogging)	1	30'		Day 2 and 5
	Stationary bike	1	30'		Day 3 and 6

* 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

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