

Frequency: Six times a week

Goal: Improve fitness/endurance

Body type: Hourglass

Day 1	Exercise	Set	Rep	Rest	Part of body
	Dumbbell Bicep Curls	3	20	30"	Arms (front)
	Cable Preacher Curls	3	20	30"	Arms (front)
	Landmine Bent Over Two Arm Rows	3	20	30"	Back
	Single-Arm Row	3	20	30"	Back
	Back Supported Hanging Knee Raises	3	60	30"	Abdomen
	Alternating Heel Touches	3	60	15"	Abdomen
Day 2	Exercise	Set	Rep	Rest	Part of body
	Narrow Grip Bench Press	3	20	30"	Arms (back)
	Rope Tricep Extensions (down)	3	20	30"	Arms (back)
	Flat Bench Press	3	20	30"	Chest
	Push Up	3	20	30"	Chest
	Back Supported Hanging Knee Raises	3	20	30"	Shoulders
	Landmine 180's	4	30	30"	Abdomen
Day 3	Exercise	Set	Rep	Rest	Part of body
	45 Degree Leg Press Shoulder Width Stance	4	20	45"	Legs (front)
	Barbell Stiff-Legged Deadlifts	4	20	45"	Legs (back)
	Cossack Squat	4	20	45"	Legs (int./ext.)
	Single-Leg Calf Raise	2	60	45"	Calves
	Seated Calf Raise (Leg Press Machine)	4	20	30"	Calves
	Air Bike	2	60	15"	Abdomen
Day 4	Exercise	Set	Rep	Rest	Part of body
	Incline Inner Biceps Curl	3	20	30"	Arms (front)
	Alternating Hammer Curl	3	20	30"	Arms (front)
	Feet Elevated Inverted Rows	3	20	30"	Back
	Single-Arm Row	3	20	30"	Back
	Decline Oblique Crunches	4	20	15"	Abdomen
	3:4 Sit Up	4	20	15"	Abdomen
Day 5	Exercise	Set	Rep	Rest	Part of body
	Seated Rows	3	20	30"	Arms (back)
	Hyperextensions	3	20	30"	Arms (back)
	Flat Bench Press	3	20	30"	Chest
	Push Up	3	20	30"	Chest
	Dumbbell Lateral Raise	3	20	30"	Shoulders
	Back Supported Hanging Knee Raises	4	20	15"	Abdomen
Day 6	Exercise	Set	Rep	Rest	Part of body
	Hex Bar Deadlift	4	20	45"	Legs (front)
	Glute Press Machine	4	20	45"	Legs (back)
	Abductor/adductor machine	4	20	45"	Legs (int./ext.)
	Double-Leg Calf Raise	4	40	45"	Calves
	Single-Leg Calf Raise	2	60	15"	Calves
	Air Bike	4	20	15"	Abdomen
Aerobic	Exercise	Set	Rep	Rest	Period
	Rope Jumping	6	50	45"	After training Days 1 - 2
	Treadmill (Walking)	1	5'	no rest	
	Treadmill (Jogging)		30'		
	Treadmill (Running)		20'		
	Treadmill (Jogging)		30'		
	Treadmill (Running)		5'		
	Crossover Mountain Climbers	1	10"	no rest	After training Days 3 - 4
	Wind Bike	1	15"	no rest	
	Stationary Rowing	1	10"	no rest	
Recumbent Stationary Bike	1	15"	no rest	Before training Days 5 - 6	
Step Mill	1	15"	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

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