

Frequency: Four times a week

Goal: Gain muscular mass

Body type: Rectangle

Day 1	Exercise	Set	Rep	Rest	Part of body
	Feet Elevated Inverted Rows	4	12	30"	Back
	Dumbbell Bicep Curls	4	12	30"	Arms (front)
	Single-Arm Row	3	10	30"	Back
	Wide Grip Lat Pulldown	3	10	30"	Back
	Cable Preacher Curls	2	10	30"	Arms (front)
	Incline Inner Biceps Curl	2	10	30"	Arms (front)
	Rear Delt Fly	3	12	30"	Shoulders
	Dumbbell Lateral Raise	3	12	30"	Shoulders

Day 2	Exercise	Set	Rep	Rest	Part of body
	Landmine 180's	3	20	30"	Abdomen
	3:4 Sit Up	3	20	15"	Abdomen
	Barbell Stiff-Legged Deadlifts	4	12	45"	Legs (back)
	Hex Bar Deadlift	4	10	45"	Legs (front)
	Laying Hamstring Curl	4	12	45"	Legs (back)
	45 Degree Leg Press Shoulder Width Stance	4	10	45"	Legs (front)
	Cossack Squat	4	12	30"	Legs (int./ext.)
	Seated Calf Raise (Leg Press Machine)	6	15	30"	Calves

Day 3	Exercise	Set	Rep	Rest	Part of body
	Push Up	4	10	30"	Chest
	Narrow Grip Bench Press	4	12	30"	Arms (back)
	Flat Bench Press	3	10	15"	Chest
	Push Up	3	10	15"	Chest
	Rope Tricep Extensions (down)	3	10	30"	Arms (back)
	Triceps kickbacks	3	10	30"	Arms (back)
	Seated Arnold Press	3	12	30"	Shoulders
	Landmine Single Arm Jammer	3	12	30"	Shoulders

Day 4	Exercise	Set	Rep	Rest	Part of body
	Butt-Ups	3	20	30"	Abdomen
	Laying Hamstring Curl	3	20	30"	Abdomen
	Barbell Stiff-Legged Deadlifts	4	12	45"	Legs (back)
	45 Degree Leg Press Shoulder Width Stance	4	10	45"	Legs (front)
	Laying Hamstring Curl	4	12	45"	Legs (back)
	Hex Bar Deadlift	4	10	45"	Legs (front)
	Abductor/adductor machine	4	12	30"	Legs (int./ext.)
	Double-Leg Calf Raise	4	20	30"	Calves

Aerobic	Exercise	Set	Rep	Rest	Period
	Wind Bike	1	10'	no rest	Day 1-3 Before
	Treadmill (Walking)		5'		Day 2-4 After
	Treadmill (Jogging)		15'		

* 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