

Frequency: Once a week

Goal: Lose weight

Body type: Hourglass

| Aerobic | Exercise                    | Set | Rep | Rest    | Period          |
|---------|-----------------------------|-----|-----|---------|-----------------|
|         | Recumbent Stationary Bike   | 1   | 30' | no rest | Before training |
|         | Stationary bike             | 1   | 10' | no rest |                 |
|         | Step Mill                   | 1   | 30' | no rest |                 |
|         | Rope Jumping                | 5   | 100 | 1'      |                 |
|         | Wind Bike                   | 1   | 10' | no rest |                 |
|         | Stationary bike             | 1   | 10' | no rest |                 |
| Aerobic | Crossover Mountain Climbers | 1   | 30' | no rest |                 |

| Day 1 | Exercise                       | Set | Rep | Rest | Part of body     |
|-------|--------------------------------|-----|-----|------|------------------|
|       | Rope Tricep Extensions (down)  | 3   | 12  | 30"  | Arms (back)      |
|       | Triceps kickbacks              | 3   | 12  | 30"  | Arms (back)      |
|       | Alternating Hammer Curl        | 3   | 12  | 30"  | Arms (front)     |
|       | Incline Inner Biceps Curl      | 3   | 12  | 30"  | Arms (front)     |
|       | Seated Rows                    | 3   | 12  | 30"  | Back             |
|       | Hyperextensions                | 3   | 12  | 30"  | Back             |
|       | Chest Press Machine            | 3   | 12  | 30"  | Chest            |
|       | Decline Dumbbell Flyes         | 3   | 12  | 30"  | Chest            |
|       | Shoulder Press Machine         | 3   | 15  | 30"  | Shoulders        |
|       | Rear Delt Fly                  | 3   | 15  | 30"  | Shoulders        |
|       | Air Bike                       | 4   | 30  | 30"  | Abdomen          |
|       | Barbell Stiff-Legged Deadlifts | 3   | 15  | 30"  | Legs (back)      |
|       | Laying Hamstring Curl          | 3   | 15  | 30"  | Legs (back)      |
|       | Rowing - Stationary            | 3   | 15  | 30"  | Legs (front)     |
|       | Leg Extension                  | 3   | 15  | 30"  | Legs (front)     |
|       | Cossack Squat                  | 3   | 15  | 30"  | Legs (int./ext.) |
|       | Abductor/adductor machine      | 3   | 15  | 30"  | Legs (int./ext.) |
|       | Decline Oblique Crunches       | 4   | 30  | 30"  | Abdomen          |
|       | Double-Leg Calf Raise          | 4   | 15  | 30"  | Calves           |
|       | Coccons                        | 4   | 30  | 30"  | Abdomen          |

| Aerobic | Exercise            | Set | Rep | Rest    | Period         |
|---------|---------------------|-----|-----|---------|----------------|
|         | Treadmill (Walking) | 1   | 5'  | no rest | After training |
|         | Treadmill (Jogging) |     | 30' |         |                |
|         | Treadmill (Running) |     | 20' |         |                |
|         | Treadmill (Jogging) |     | 30' |         |                |
|         | Treadmill (Running) |     | 5'  |         |                |

\* The number of repetitions is only a reference for quantity. If the repetitions are below,

\* On the day you train your legs, do aerobics first