

Frequency: Three times a week

Goal: Improve the strength

Body type: Pear

| Day 1 | Exercise | Set | Rep | Rest | Part of body |
|---------|--|-----|-----|---------|------------------|
| | Cable Preacher Curls | 2 | 4 | 1' | Arms (front) |
| | Incline Inner Biceps Curl | 2 | 4 | 1' | Arms (front) |
| | Bicycle crunches | 6 | 15 | 30" | Abdomen |
| | Coccons | 6 | 15 | 30" | Abdomen |
| | Landmine Bent Over Two Arm Rows | 2 | 6 | 1' | Back |
| | Single-Arm Row | 2 | 6 | 1' | Back |
| | Wide Grip Lat Pulldown | 2 | 6 | 1' | Back |
| | Single-Leg Calf Raise | 4 | 10 | 30" | Calves |
| Day 2 | Exercise | Set | Rep | Rest | Part of body |
| | Chest Press Machine | 3 | 3 | 1' | Chest |
| | Triceps kickbacks | 2 | 4 | 1' | Arms (back) |
| | Push Up | 3 | 3 | 1' | Chest |
| | Flat Bench Press | 3 | 3 | 1' | Chest |
| | Narrow Grip Bench Press | 2 | 4 | 1' | Arms (back) |
| | Rope Tricep Extensions (down) | 2 | 4 | 1' | Arms (back) |
| | Standing Single Arm Neutral Grip Dumbbell Shoulder Press | 2 | 6 | 1' | Shoulders |
| | Standing Barbell Shoulder Press Behind The Head | 2 | 6 | 1' | Shoulders |
| Day 3 | Exercise | Set | Rep | Rest | Part of body |
| | Decline Oblique Crunches | 6 | 15 | 30" | Abdomen |
| | Back Supported Hanging Knee Raises | 6 | 15 | 30" | Abdomen |
| | Barbell Stiff-Legged Deadlifts | 2 | 4 | 1'15" | Legs (back) |
| | Burpees | 2 | 4 | 1'15" | Legs (front) |
| | Laying Hamstring Curl | 2 | 4 | 1'15" | Legs (back) |
| | 45 Degree Leg Press Shoulder Width Stance | 2 | 4 | 1'15" | Legs (front) |
| | Abductor/adductor machine | 2 | 6 | 1' | Legs (int./ext.) |
| Aerobic | Exercise | Set | Rep | Rest | Period |
| | Crossover Mountain Climbers | 3 | 100 | 1' | Day 1 |
| | Wind Bike | 1 | 10' | no rest | Day 2 |
| | Rope Jumping | 3 | 100 | 1' | Day 3 |

* 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