

**Frequency:** Four times a week

**Goal:** Improve cardiorespiratory system

**Body type:** Pear

| Day 1 | Exercise  | Set | Rep | Rest | Part of body |
|-------|---|-----|-----|------|--------------|
|       | Feet Elevated Inverted Rows                     | 3   | 12  | 30'  | Back         |
|       | Cable Preacher Curls                            | 3   | 12  | 30'  | Arms (front) |
|       | Wide Grip Lat Pulldown                          | 3   | 30  | 30'  | Back         |
|       | Single-Arm Row                                  | 4   | 30  | 30'  | Back         |
|       | Incline Inner Biceps Curl                       | 3   | 15  | 30'  | Arms (front) |
|       | Alternating Hammer Curl                         | 3   | 15  | 30'  | Arms (front) |
|       | Seated Single Arm Wrist Curls Palm Up           | 3   | 10  | 30'  | Shoulders    |
|       | Standing Barbell Shoulder Press Behind The Head | 2   | 20  | 15'  | Shoulders    |

| Day 2 | Exercise                                  | Set | Rep | Rest | Part of body     |
|-------|---|-----|-----|------|------------------|
|       | 3:4 Sit Up                                | 4   | 20  | 30"  | Abdomen          |
|       | Plate Side Bends                          | 4   | 30  | 1'   | Abdomen          |
|       | Laying Hamstring Curl                     | 3   | 15  | 30"  | Legs (back)      |
|       | 45 Degree Leg Press Shoulder Width Stance | 4   | 15  | 45"  | Legs (front)     |
|       | Barbell Stiff-Legged Deadlifts            | 3   | 15  | 30"  | Legs (back)      |
|       | Hex Bar Deadlift                          | 3   | 15  | 30"  | Legs (front)     |
|       | Cossack Squat                             | 3   | 10  | 30"  | Legs (int./ext.) |
|       | Seated Calf Raise (Leg Press Machine)     | 4   | 20  | 15"  | Calves           |

| Day 3 | Exercise                      | Set | Rep | Rest | Part of body |
|-------|-------------------------------|-----|-----|------|--------------|
|       | Flat Bench Press              | 3   | 15  | 30"  | Chest        |
|       | Narrow Grip Bench Press       | 3   | 15  | 30"  | Arms (back)  |
|       | Dumbbell Bicep Curls          | 3   | 15  | 30"  | Chest        |
|       | Decline Dumbbell Flyes        | 4   | 15  | 30"  | Chest        |
|       | Rope Tricep Extensions (down) | 3   | 15  | 30"  | Arms (back)  |
|       | Triceps kickback              | 3   | 15  | 30"  | Arms (back)  |
|       | Dumbbell Lateral Raise        | 4   | 15  | 30"  | Shoulders    |
|       | Seated Arnold Press           | 2   | 20  | 15"  | Shoulders    |

| Day 4 | Exercise                       | Set | Rep | Rest | Part of body     |
|-------|--------------------------------|-----|-----|------|------------------|
|       | Air Bike                       | 3   | 40  | 30"  | Abdomen          |
|       | Laying Hamstring Curl          | 3   | 20  | 30"  | Abdomen          |
|       | Barbell Stiff-Legged Deadlifts | 3   | 15  | 30"  | Legs (back)      |
|       | Burpees                        | 4   | 30  | 1'   | Legs (front)     |
|       | Laying Hamstring Curl          | 3   | 15  | 30"  | Legs (back)      |
|       | weighted lunges                | 3   | 15  | 30"  | Legs (front)     |
|       | Abductor/adductor machine      | 3   | 15  | 30"  | Legs (int./ext.) |
|       | Double-Leg Calf Raise          | 4   | 20  | 15"  | Calves           |

| Aerobic | Exercise                    | Set | Rep | Rest    | Period          |
|---------|-----------------------------|-----|-----|---------|-----------------|
|         | Crossover Mountain Climbers | 5   | 30" | 30"     | Before training |
|         | Treadmill (Walking)         | 1   | 5'  | no rest | Before training |
|         | Treadmill (Jogging)         |     | 30' |         | Before training |
|         | Treadmill (Running)         |     | 20' |         | Before training |
|         | Treadmill (Jogging)         |     | 30' |         | Before training |
|         | Treadmill (Running)         |     | 5'  |         | Before training |
|         | Wind Bike                   | 1   | 10' | no rest | After training  |
|         | Stationary bike             | 1   | 10' | no rest | After training  |
|         | Stationary Rowing           | 1   | 10' | no rest | After training  |
|         | Step Mill                   | 1   | 10' | no rest | After training  |
|         | Rope Jumping                | 4   | 100 | 1'      | After training  |

\* 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