

Frequency: Three times a week

Goal: Improve fitness/endurance

Body type: Pear

| Day 1 | Exercise | Set | Rep | Rest | Part of body |
|---|--|-----|---------|-----------|--------------------------------|
| | Cable Preacher Curls | 3 | 20 | 30" | Arms (front) |
| | Incline Inner Biceps Curl | 3 | 20 | 30" | Arms (front) |
| | Bicycle crunches | 4 | 20 | 15" | Abdomen |
| | Coccons | 4 | 20 | 15" | Abdomen |
| | Landmine Bent Over Two Arm Rows | 3 | 20 | 30" | Back |
| | Single-Arm Row | 3 | 20 | 30" | Back |
| | Wide Grip Lat Pulldown | 3 | 20 | 30" | Back |
| Single-Leg Calf Raise | 4 | 20 | 15" | Calves | |
| Day 2 | Exercise | Set | Rep | Rest | Part of body |
| | Chest Press Machine | 3 | 20 | 30" | Chest |
| | Triceps kickbacks | 3 | 20 | 30" | Arms (back) |
| | Push Up | 3 | 20 | 30" | Chest |
| | Flat Bench Press | 3 | 20 | 30" | Chest |
| | Narrow Grip Bench Press | 3 | 20 | 30" | Arms (back) |
| | Rope Tricep Extensions (down) | 3 | 20 | 30" | Arms (back) |
| | Standing Single Arm Neutral Grip Dumbbell Shoulder Press | 3 | 20 | 30" | Shoulders |
| Standing Barbell Shoulder Press Behind The Head | 3 | 20 | 30" | Shoulders | |
| Day 3 | Exercise | Set | Rep | Rest | Part of body |
| | Decline Oblique Crunches | 4 | 20 | 15" | Abdomen |
| | Back Supported Hanging Knee Raises | 4 | 20 | 15" | Abdomen |
| | Barbell Stiff-Legged Deadlifts | 4 | 15 | 45" | Legs (back) |
| | Burpees | 4 | 15 | 45" | Legs (front) |
| | Laying Hamstring Curl | 4 | 15 | 45" | Legs (back) |
| | 45 Degree Leg Press Shoulder Width Stance | 4 | 15 | 45" | Legs (front) |
| | Abductor/adductor machine | 4 | 15 | 45" | Legs (int./ext.) |
| Double-Leg Calf Raise | 4 | 20 | 15" | Calves | |
| Aerobic | Exercise | Set | Rep | Rest | Period |
| | Rope Jumping | 6 | 50 | 45" | Before training Day 1 and 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 | Day 3 |
| Wind Bike | 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