

Frequency: Once a week

Goal: Improve cardiorespiratory system

Body type: Pear

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

	Exercise	Set	Rep	Rest	Part of body
Day 1	Narrow Grip Bench Press	2	12	15"	Arms (back)
	Rope Tricep Extensions (down)	2	12	15"	Arms (back)
	Incline Inner Biceps Curl	2	12	15"	Arms (front)
	Alternating Hammer Curl	2	12	15"	Arms (front)
	Wide Grip Lat Pulldown	3	12	15"	Back
	Feet Elevated Inverted Rows	3	12	15"	Back
	Decline Dumbbell Flyes	3	15	15"	Chest
	Decline Chest Press	3	15	15"	Chest
	Rear Delt Fly	3	15	15"	Shoulders
	Standing Single Arm Neutral Grip Dumbbell	3	15	15"	Shoulders
	Coccons	2	20	30"	Abdomen
	Barbell Stiff-Legged Deadlifts	3	12	15"	Legs (back)
	Laying Hamstring Curl	3	12	15"	Legs (back)
	Leg Extension	3	12	15"	Legs (front)
	weighted lunges	3	12	15"	Legs (front)
	Cossack Squat	3	10	15"	Legs (int./ext.)
	Abductor/adductor machine	3	10	15"	Legs (int./ext.)
	Toe Touchers	2	20	30"	Abdomen
	Seated Calf Raise (Leg Press Machine)	3	30	15"	Calves
	Plate Side Bends	2	20	30"	Abdomen

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

\* 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

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