

Frequency: Once a week

Goal: Lose weight

Body type: Apple

| 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 | |
| | 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