

Frequency: Twice a week

Goal: Lose weight

Body type: Rectangle

	Exercise	Set	Rep	Rest	Part of body
Day 1	Dumbbell Bicep Curls	3	12	30"	Arms (front)
	Bicycle crunches	4	30	30"	Abdomen
	Cable Preacher Curls	3	12	30"	Arms (front)
	Butt-Ups	4	30	30"	Abdomen
	Landmine Bent Over Two Arm Rows	3	12	30"	Back
	Plate Side Bends	4	30	30"	Abdomen
	Single-Arm Row	3	12	30"	Back
	Toe Touchers				Abdomen

	Exercise	Set	Rep	Rest	Part of body
Day 2	Narrow Grip Bench Press	3	12	30"	Arms (back)
	Rope Tricep Extensions (down)	3	12	30"	Arms (back)
	Push Up	3	12	30"	Chest
	Decline Chest Press	3	12	30"	Chest
	Dumbbell Lateral Raise	3	15	30"	Shoulders
	Seated Arnold Press	3	15	30"	Shoulders
	Cossack Squat	3	15	30"	Legs (int./ext.)
	Hex Bar Deadlift	3	15	30"	Legs (front)
	weighted lunges	3	15	30"	Legs (front)
	Seated Calf Raise (Leg Press Machine)	4	15	30"	Calves
	Glute Press Machine	3	15	30"	Legs (back)
	Laying Hamstring Curl	3	15	30"	Legs (back)

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

	Exercise	Set	Rep	Rest	Period
Aerobic	Rope Jumping	4	100	1'	Day 1
	Stationary bike	1	10'	no rest	
	Rope Jumping	4	100	1'	Day 2
	Wind Bike	1	10'	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