

Frequency: Five times a week

Goal: Improve cardiorespiratory system

Body type: Hourglass

Day 1	Exercise	Set	Rep	Rest	Part of body
	Dumbbell Bicep Curls	3	15	30"	Arms (front)
	Cable Preacher Curls	3	15	30"	Arms (front)
	Bicycle crunches	3	30	30"	Abdomen
	Coccons	4	30	30"	Abdomen
	Landmine Bent Over Two Arm Rows	3	15	30"	Back
	Single-Arm Row	3	15	30"	Back
	Wide Grip Lat Pulldown	4	10	30"	Back
	Single-Leg Calf Raise	4	20	15"	Calves
Day 2	Exercise	Set	Rep	Rest	Part of body
	Chest Press Machine	3	15	30"	Chest
	Triceps kickback	3	15	30"	Arms (back)
	Push Up	3	15	30"	Chest
	Flat Bench Press	3	15	30"	Chest
	Narrow Grip Bench Press	3	15	30"	Arms (back)
	Rope Tricep Extensions (down)	3	15	30"	Arms (back)
	Landmine Single Arm Jammer	3	15	15"	Shoulders
Day 3	Exercise	Set	Rep	Rest	Part of body
	Incline Inner Biceps Curl	3	15	30"	Arms (front)
	Alternating Hammer Curl	3	15	30"	Arms (front)
	Air Bike	4	30	15"	Abdomen
	Decline Oblique Crunches	4	30	15"	Abdomen
	Feet Elevated Inverted Rows	3	15	30"	Back
	Wide Grip Lat Pulldown	3	15	30"	Back
	Single-Arm Row	3	15	30"	Back
Day 4	Exercise	Set	Rep	Rest	Part of body
	BOSU - Push Ups (Hands On Flat Side)	2	20	30"	Chest
	Triceps kickback	2	20	30"	Arms (back)
	Decline Chest Press	3	15	15"	Chest
	Decline Dumbbell Flyes	3	15	15"	Chest
	Narrow Grip Bench Press	3	15	15"	Arms (back)
	Rope Tricep Extensions (down)	3	15	15"	Arms (back)
	Dumbbell Lateral Raise	3	15	30"	Shoulders
Day 5	Exercise	Set	Rep	Rest	Part of body
	Burpees	2	15	45"	Legs (front)
	Leg Extension	2	15	45"	Legs (front)
	45 Degree Leg Press Shoulder Width Stance	2	15	45"	Legs (front)
	Cossack Squat	3	15	15"	Legs (int./ext.)
	Abductor/adductor machine	3	15	15"	Legs (int./ext.)
	Barbell Stiff-Legged Deadlifts	2	20	30"	Legs (back)
	Laying Hamstring Curl	2	20	30"	Legs (back)
Aerobic	Exercise	Set	Rep	Rest	Period
	Treadmill (Walking)	1	20'	no rest	Before training Day 5
	Treadmill (Walking)	1	5'	no rest	After training Days 1 - 2
	Treadmill (Jogging)		30'		
	Treadmill (Running)		20'		
	Treadmill (Jogging)		30'		
	Treadmill (Running)		5'		
	Wind Bike	1	10'	no rest	After training Days 3 - 4
	Stationary bike	1	10'	no rest	
	Stationary Rowing	1	10'	no rest	
	Step Mill	1	10'	no rest	
	Rope Jumping	6	100	1'	

\* 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

