

Frequency: Three times a week

Goal: Improve fitness/endurance

Body type: Rectangle

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