

Frequency: Five times a week

Goal: Improve fitness/endurance

Body type: Rectangle

Day 1	Exercise	Set	Rep	Rest	Part of body	
	Dumbbell Bicep Curls	3	20	30"	Arms (front)	
	Cable Preacher Curls	3	20	30"	Arms (front)	
	Landmine 180's	4	20	15"	Abdomen	
	Plate Side Bends	4	20	15"	Abdomen	
	Hyperextensions	3	20	30"	Back	
	Feet Elevated Inverted Rows	3	20	30"	Back	
	Wide Grip Lat Pulldown	3	20	30"	Back	
	Double-Leg Calf Raise	2	60	45"	Calves	
Day 2	Exercise	Set	Rep	Rest	Part of body	
	Flat Bench Press	3	20	30"	Chest	
	Triceps kickbacks	3	20	30"	Arms (back)	
	Decline Chest Press	3	20	30"	Chest	
	Push Up	3	20	30"	Chest	
	Narrow Grip Bench Press	3	20	30"	Arms (back)	
	Rope Tricep Extensions (down)	3	20	30"	Arms (back)	
	Dumbbell Lateral Raise	3	20	30"	Shoulders	
	Landmine Single Arm Jammer	3	20	30"	Shoulders	
Day 3	Exercise	Set	Rep	Rest	Part of body	
	3:4 Sit Up	3	20	30"	Arms (front)	
	Plate Side Bends	3	20	30"	Arms (front)	
	Landmine 180's	4	20	15"	Abdomen	
	Plate Side Bends	4	20	15"	Abdomen	
	Hyperextensions	3	20	30"	Back	
	Feet Elevated Inverted Rows	3	20	30"	Back	
	Wide Grip Lat Pulldown	3	20	30"	Back	
	Double-Leg Calf Raise	2	60	45'	Calves	
Day 4	Exercise	Set	Rep	Rest	Part of body	
	Chest Press Machine	3	20	30"	Chest	
	Triceps kickbacks	3	20	30"	Arms (back)	
	Decline Dumbbell Flyes	3	20	30"	Chest	
	Dumbbell Bicep Curls	3	20	30"	Chest	
	Narrow Grip Bench Press	3	20	30"	Arms (back)	
	Rope Tricep Extensions (down)	3	20	30"	Arms (back)	
	Rear Delt Fly	3	20	30"	Shoulders	
	Dumbbell Lateral Raise	3	20	30"	Shoulders	
Day 5	Exercise	Set	Rep	Rest	Part of body	
	weighted lunges	4	20	15"	Legs (front)	
	Leg Extension	4	20	15"	Legs (front)	
	Hex Bar Deadlift	4	20	15"	Legs (front)	
	Cossack Squat	4	20	15"	Legs (int./ext.)	
	Abductor/adductor machine	4	20	15"	Legs (int./ext.)	
	Barbell Stiff-Legged Deadlifts	4	20	15"	Legs (back)	
	Laying Hamstring Curl	4	20	15"	Legs (back)	
	Glute Press Machine	4	20	15"	Legs (back)	
	Double-Leg Calf Raise	2	60	45"	Calves	
Aerobic	Exercise	Set	Rep	Rest	Period	
	Rope Jumping	6	50	45"	After training Days 1 - 3	
	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	After training Days 2 - 4	
	Wind Bike	1	15"	no rest		
	Stationary Rowing	1	10"	no rest		
		Recumbent Stationary Bike	1	15"	no rest	Before training Day 5
		Step Mill	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