

**Frequency:** Four times a week

**Goal:** Improve fitness/endurance

**Body type:** Hourglass

Day 1	Exercise	Set	Rep	Rest	Part of body
	Decline Chest Press	3	20	30"	Chest
	Decline Dumbbell Flyes	3	20	30"	Chest
	Dumbbell Bicep Curls	3	20	30"	Arms (front)
	Cable Preacher Curls	3	20	30"	Arms (front)
	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
	Seated Arnold Press	3	20	30"	Shoulders

Day 2	Exercise	Set	Rep	Rest	Part of body
	Plate Side Bends	4	20	15"	Abdomen
	Landmine 180's	4	20	15"	Abdomen
	Barbell Stiff-Legged Deadlifts	4	15	45"	Legs (back)
	Burpees	4	15	45"	Legs (front)
	Glute Press Machine	4	15	45"	Legs (back)
	Leg Extension	4	15	45"	Legs (front)
	Abductor/adductor machine	4	15	45"	Legs (int./ext.)
	Single-Leg Calf Raise	2	60	45'	Calves

Day 3	Exercise	Set	Rep	Rest	Part of body
	Flat Bench Press	3	20	30"	Chest
	Push Up	3	20	30"	Chest
	Incline Inner Biceps Curl	3	20	30"	Arms (front)
	Alternating Hammer Curl	3	20	30"	Arms (front)
	Narrow Grip Bench Press	3	20	30"	Arms (back)
	Triceps kickbacks	3	20	30"	Arms (back)
	Landmine Single Arm Jammer	3	20	30"	Shoulders
	Shoulder Press Machine	3	20	30"	Shoulders

Day 4	Exercise	Set	Rep	Rest	Part of body
	Plate Side Bends	4	20	15"	Abdomen
	Landmine 180's	4	20	15"	Abdomen
	Barbell Stiff-Legged Deadlifts	4	15	45"	Legs (back)
	Burpees	4	15	45"	Legs (front)
	Glute Press Machine	4	15	45"	Legs (back)
	Leg Extension	4	15	45"	Legs (front)
	Abductor/adductor machine	4	15	45"	Legs (int./ext.)
	Single-Leg Calf Raise	2	60	45'	Calves

Aerobic	Exercise	Set	Rep	Rest	Period
	Rope Jumping	6	50	45"	After training Day 1 and 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 Day 2 and 4
	Wind Bike	1	15"	no rest	
	Stationary Rowing	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