

Frequency: Five times a week

Goal: Gain muscular mass

Body type: Hourglass

Day 1	Exercise	Set	Rep	Rest	Part of body
	Dumbbell Bicep Curls	4	10	30"	Arms (front)
	Cable Preacher Curls	4	8	30"	Arms (front)
	Bicycle crunches	3	30	30"	Abdomen
	Coccons	3	30	30"	Abdomen
	Landmine Bent Over Two Arm Rows	4	10	30"	Back
	Single-Arm Row	4	10	30"	Back
	Wide Grip Lat Pulldown	4	10	30"	Back
	Single-Leg Calf Raise	4	30	15"	Calves
Day 2	Exercise	Set	Rep	Rest	Part of body
	Chest Press Machine	4	10	30"	Chest
	Triceps kickback	4	10	30"	Arms (back)
	Push Up	3	12	30"	Chest
	Flat Bench Press	3	10	30"	Chest
	Narrow Grip Bench Press	3	10	30"	Arms (back)
	Rope Tricep Extensions (down)	3	10	30"	Arms (back)
	Landmine Single Arm Jammer	4	8	30"	Shoulders
	Rear Delt Fly	4	8	30"	Shoulders
Day 3	Exercise	Set	Rep	Rest	Part of body
	Incline Inner Biceps Curl	4	10	30"	Arms (front)
	Alternating Hammer Curl	4	10	30"	Arms (front)
	3:4 Sit Up	3	20	15"	Abdomen
	Decline Oblique Crunches	4	20	30"	Abdomen
	Feet Elevated Inverted Rows	6	10	30"	Back
	Wide Grip Lat Pulldown	4	10	30"	Back
	Single-Arm Row	2	12	30"	Back
	Double-Leg Calf Raise	4	30	15"	Calves
Day 4	Exercise	Set	Rep	Rest	Part of body
	BOSU - Push Ups (Hands On Flat Side)	4	10	30"	Chest
	Triceps kickback	4	10	30"	Arms (back)
	Decline Chest Press	3	12	30"	Chest
	Decline Dumbbell Flyes	3	10	30"	Chest
	Narrow Grip Bench Press	2	12	30"	Arms (back)
	Rope Tricep Extensions (down)	2	12	30"	Arms (back)
	Dumbbell Lateral Raise	4	8	30"	Shoulders
	Seated Arnold Press	4	8	30"	Shoulders
Day 5	Exercise	Set	Rep	Rest	Part of body
	Burpees	6	15	30"	Legs (front)
	Leg Extension	3	10	45"	Legs (front)
	45 Degree Leg Press Shoulder Width Stance	3	10	45"	Legs (front)
	Cossack Squat	4	10	45"	Legs (int./ext.)
	Abductor/adductor machine	4	10	45"	Legs (int./ext.)
	Barbell Stiff-Legged Deadlifts	3	10	45"	Legs (back)
	Laying Hamstring Curl	3	10	45"	Legs (back)
	Glute Press Machine	4	12	30"	Legs (back)
	Seated Calf Raise (Leg Press Machine)	4	30	30"	Calves
Aerobic	Exercise	Set	Rep	Rest	Period
	Stationary Rowing	1	30	no rest	Day 5
	Treadmill (Jogging)	1	25'	no rest	Days 1/3
	Treadmill (Running)		5'		

* 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