

Frequency: Four times a week

Goal: Lose weight

Body type: Rectangle

Day 1	Exercise	Set	Rep	Rest	Part of body
	Seated Rows	3	12	30"	Back
	Dumbbell Bicep Curls	3	12	30"	Arms (front)
	Hyperextensions	3	12	30"	Back
	Single-Arm Row	3	12	30"	Back
	Incline Inner Biceps Curl	3	12	30"	Arms (front)
	Alternating Hammer Curl	3	12	30"	Arms (front)
	Dumbbell Lateral Raise	3	15	30"	Shoulders
	Seated Arnold Press	3	15	30"	Shoulders

Day 2	Exercise	Set	Rep	Rest	Part of body
	Plate Side Bends	4	30	30"	Abdomen
	Landmine 180's	4	30	30"	Abdomen
	Barbell Stiff-Legged Deadlifts	3	15	30"	Legs (back)
	Burpees	3	15	30"	Legs (front)
	Glute Press Machine	3	15	30"	Legs (back)
	Leg Extension	3	15	30"	Legs (front)
	Abductor/adductor machine	3	15	30"	Legs (int./ext.)
	Single-Leg Calf Raise	4	15	30"	Calves

Day 3	Exercise	Set	Rep	Rest	Part of body
	Chest Press Machine	3	12	30"	Chest
	Push Up	3	12	30"	Chest
	Flat Bench Press	3	12	30"	Chest
	Narrow Grip Bench Press	3	12	30"	Arms (back)
	Rope Tricep Extensions (down)	3	12	30"	Arms (back)
	Triceps kickbacks	3	12	30"	Arms (back)
	Landmine Single Arm Jammer	3	15	30"	Shoulders
	Shoulder Press Machine	3	15	30"	Shoulders

Day 4	Exercise	Set	Rep	Rest	Part of body
	Plate Side Bends	4	30	30"	Abdomen
	Landmine 180's	4	30	30"	Abdomen
	Barbell Stiff-Legged Deadlifts	3	15	30"	Legs (back)
	Burpees	3	15	30"	Legs (front)
	Glute Press Machine	3	15	30"	Legs (back)
	Leg Extension	3	15	30"	Legs (front)
	Abductor/adductor machine	3	15	30"	Legs (int./ext.)
	Single-Leg Calf Raise	4	15	30"	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	15'	no rest	After training Day 2 and 4
	Wind Bike	1	15'	no rest	
	Step Mill	1	30'	no rest	
	Stationary Rowing	1	30'	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