

Frequency: Four times a week

Goal: Improve the strength

Body type: Hourglass

Day 1	Exercise	Set	Rep	Rest	Part of body
	Hyperextensions	3	3	1'	Back
	Incline Inner Biceps Curl	2	4	1'	Arms (front)
	Seated Rows	3	3	1'	Back
	Single-Arm Row	3	3	1'	Back
	Dumbbell Bicep Curls	2	4	1'	Arms (front)
	Cable Preacher Curls	2	4	1'	Arms (front)
	Rear Delt Fly	2	6	1'	Shoulders
	Dumbbell Lateral Raise	2	6	1'	Shoulders

Day 2	Exercise	Set	Rep	Rest	Part of body
	Plate Side Bends	6	15	30"	Abdomen
	Landmine 180's	6	15	45"	Abdomen
	Barbell Stiff-Legged Deadlifts	2	4	1'15"	Legs (back)
	Burpees	2	4	1'15"	Legs (front)
	Glute Press Machine	2	4	1'15"	Legs (back)
	Leg Extension	2	4	1'15"	Legs (front)
	Abductor/adductor machine	2	6	1'	Legs (int./ext.)
	Single-Leg Calf Raise	4	10	30"	Calves

Day 3	Exercise	Set	Rep	Rest	Part of body
	Decline Chest Press	3	3	1'	Chest
	Narrow Grip Bench Press	2	4	1'	Arms (back)
	Decline Dumbbell Flyes	3	3	1'	Chest
	Flat Bench Press	3	3	1'	Chest
	Rope Tricep Extensions (down)	2	4	1'	Arms (back)
	Triceps kickbacks	2	4	1'	Arms (back)
	Rear Delt Fly	2	6	1'	Shoulders
	Dumbbell Lateral Raise	2	6	1'	Shoulders

Day 4	Exercise	Set	Rep	Rest	Part of body
	Plate Side Bends	6	15	30"	Abdomen
	Landmine 180's	6	15	30"	Abdomen
	Barbell Stiff-Legged Deadlifts	2	4	1'15"	Legs (back)
	Burpees	2	4	1'15"	Legs (front)
	Glute Press Machine	2	4	1'15"	Legs (back)
	Leg Extension	2	4	1'15"	Legs (front)
	Abductor/adductor machine	2	6	1'	Legs (int./ext.)
	Single-Leg Calf Raise	4	10	30"	Calves

Aerobic	Exercise	Set	Rep	Rest	Period
	Stationary Rowing	1	10'	no rest	Day 1-3 Before
	Wind Bike		5'		Day 2-4 After
	Treadmill (Jogging)		20'		

* 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