

Frequency: Five times a week

Goal: Improve the strength

Body type: Rectangle

Day 1	Exercise	Set	Rep	Rest	Part of body
	Dumbbell Bicep Curls	2	4	1'	Arms (front)
	Cable Preacher Curls	2	4	1'	Arms (front)
	Landmine 180's	6	15	30"	Abdomen
	Plate Side Bends	5	10	30"	Abdomen
	Hyperextensions	2	6	1'	Back
	Feet Elevated Inverted Rows	2	6	1'	Back
	Wide Grip Lat Pulldown	2	6	1'	Back
	Double-Leg Calf Raise	4	10	30"	Calves
Day 2	Exercise	Set	Rep	Rest	Part of body
	Flat Bench Press	3	3	1'	Chest
	Triceps kickbacks	2	4	1'	Arms (back)
	Decline Chest Press	3	3	1'	Chest
	Push Up	3	3	1'	Chest
	Narrow Grip Bench Press	2	4	1'	Arms (back)
	Rope Tricep Extensions (down)	2	4	1'	Arms (back)
	Dumbbell Lateral Raise	2	6	1'	Shoulders
	Landmine Single Arm Jammer	2	6	1'	Shoulders
Day 3	Exercise	Set	Rep	Rest	Part of body
	3:4 Sit Up	2	4	1'	Arms (front)
	Plate Side Bends	2	4	1'	Arms (front)
	Landmine 180's	6	15	30"	Abdomen
	Plate Side Bends	5	10	30"	Abdomen
	Hyperextensions	2	6	1'	Back
	Feet Elevated Inverted Rows	2	6	1'	Back
	Wide Grip Lat Pulldown	2	6	1'	Back
	Double-Leg Calf Raise	4	10	30"	Calves
Day 4	Exercise	Set	Rep	Rest	Part of body
	Chest Press Machine	3	3	1'	Chest
	Triceps kickbacks	2	4	1'	Arms (back)
	Decline Dumbbell Flyes	3	3	1'	Chest
	Dumbbell Bicep Curls	3	3	1'	Chest
	Narrow Grip Bench Press	2	4	1'	Arms (back)
	Rope Tricep Extensions (down)	2	4	1'	Arms (back)
	Rear Delt Fly	2	6	1'	Shoulders
	Dumbbell Lateral Raise	2	6	1'	Shoulders
Day 5	Exercise	Set	Rep	Rest	Part of body
	weighted lunges	2	4	1'15"	Legs (front)
	Leg Extension	2	4	1'15"	Legs (front)
	Hex Bar Deadlift	2	4	1'15"	Legs (front)
	Cossack Squat	2	6	1'	Legs (int./ext.)
	Abductor/adductor machine	2	6	1'	Legs (int./ext.)
	Barbell Stiff-Legged Deadlifts	2	4	1'15"	Legs (back)
	Laying Hamstring Curl	2	4	1'15"	Legs (back)
	Glute Press Machine	2	4	1'15"	Legs (back)
Aerobic	Exercise	Set	Rep	Rest	Period
	Crossover Mountain Climbers	1	30	no rest	Day 5
	Recumbent Stationary Bike	1	25'	no rest	Days 1/3
	Step Mill		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