

Frequency: Four times a week

Goal: Gain muscular mass

Body type: Hourglass

| Day 1 | Exercise | Set | Rep | Rest | Part of body |
|-------|-----------------------------|-----|-----|------|--------------|
| | Feet Elevated Inverted Rows | 4 | 12 | 30" | Back |
| | Dumbbell Bicep Curls | 4 | 12 | 30" | Arms (front) |
| | Single-Arm Row | 3 | 10 | 30" | Back |
| | Wide Grip Lat Pulldown | 3 | 10 | 30" | Back |
| | Cable Preacher Curls | 2 | 10 | 30" | Arms (front) |
| | Incline Inner Biceps Curl | 2 | 10 | 30" | Arms (front) |
| | Rear Delt Fly | 3 | 12 | 30" | Shoulders |
| | Dumbbell Lateral Raise | 3 | 12 | 30" | Shoulders |

| Day 2 | Exercise | Set | Rep | Rest | Part of body |
|-------|-------------------------------------------|-----|-----|------|------------------|
| | Landmine 180's | 3 | 20 | 30" | Abdomen |
| | 3:4 Sit Up | 3 | 20 | 15" | Abdomen |
| | Barbell Stiff-Legged Deadlifts | 4 | 12 | 45" | Legs (back) |
| | Hex Bar Deadlift | 4 | 10 | 45" | Legs (front) |
| | Laying Hamstring Curl | 4 | 12 | 45" | Legs (back) |
| | 45 Degree Leg Press Shoulder Width Stance | 4 | 10 | 45" | Legs (front) |
| | Cossack Squat | 4 | 12 | 30" | Legs (int./ext.) |
| | Seated Calf Raise (Leg Press Machine) | 6 | 15 | 30" | Calves |

| Day 3 | Exercise | Set | Rep | Rest | Part of body |
|-------|-------------------------------|-----|-----|------|--------------|
| | Push Up | 4 | 10 | 30" | Chest |
| | Narrow Grip Bench Press | 4 | 12 | 30" | Arms (back) |
| | Flat Bench Press | 3 | 10 | 15" | Chest |
| | Push Up | 3 | 10 | 15" | Chest |
| | Rope Tricep Extensions (down) | 3 | 10 | 30" | Arms (back) |
| | Triceps kickbacks | 3 | 10 | 30" | Arms (back) |
| | Seated Arnold Press | 3 | 12 | 30" | Shoulders |
| | Landmine Single Arm Jammer | 3 | 12 | 30" | Shoulders |

| Day 4 | Exercise | Set | Rep | Rest | Part of body |
|-------|-------------------------------------------|-----|-----|------|------------------|
| | Butt-Ups | 3 | 20 | 30" | Abdomen |
| | Laying Hamstring Curl | 3 | 20 | 30" | Abdomen |
| | Barbell Stiff-Legged Deadlifts | 4 | 12 | 45" | Legs (back) |
| | 45 Degree Leg Press Shoulder Width Stance | 4 | 10 | 45" | Legs (front) |
| | Laying Hamstring Curl | 4 | 12 | 45" | Legs (back) |
| | Hex Bar Deadlift | 4 | 10 | 45" | Legs (front) |
| | Abductor/adductor machine | 4 | 12 | 30" | Legs (int./ext.) |
| | Double-Leg Calf Raise | 4 | 20 | 30" | Calves |

| Aerobic | Exercise | Set | Rep | Rest | Period |
|---------|---------------------|-----|-----|---------|----------------|
| | Wind Bike | 1 | 10' | no rest | Day 1-3 Before |
| | Treadmill (Walking) | | 5' | | Day 2-4 After |
| | Treadmill (Jogging) | | 15' | | |

* 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