

Frequency: Once a week

Goal: Lose weight

Body type: Rectangle

Aerobic	Exercise	Set	Rep	Rest	Period
	Recumbent Stationary Bike	1	30'	no rest	Before training
	Stationary bike	1	10'	no rest	
	Step Mill	1	30'	no rest	
	Rope Jumping	5	100	1'	
	Wind Bike	1	10'	no rest	
	Stationary bike	1	10'	no rest	
	Crossover Mountain Climbers	1	30'	no rest	

Day 1	Exercise	Set	Rep	Rest	Part of body
	Rope Tricep Extensions (down)	3	12	30"	Arms (back)
	Triceps kickbacks	3	12	30"	Arms (back)
	Alternating Hammer Curl	3	12	30"	Arms (front)
	Incline Inner Biceps Curl	3	12	30"	Arms (front)
	Seated Rows	3	12	30"	Back
	Hyperextensions	3	12	30"	Back
	Chest Press Machine	3	12	30"	Chest
	Decline Dumbbell Flyes	3	12	30"	Chest
	Shoulder Press Machine	3	15	30"	Shoulders
	Rear Delt Fly	3	15	30"	Shoulders
	Air Bike	4	30	30"	Abdomen
	Barbell Stiff-Legged Deadlifts	3	15	30"	Legs (back)
	Laying Hamstring Curl	3	15	30"	Legs (back)
	Rowing - Stationary	3	15	30"	Legs (front)
	Leg Extension	3	15	30"	Legs (front)
	Cossack Squat	3	15	30"	Legs (int./ext.)
	Abductor/adductor machine	3	15	30"	Legs (int./ext.)
	Decline Oblique Crunches	4	30	30"	Abdomen
	Double-Leg Calf Raise	4	15	30"	Calves
	Coccons	4	30	30"	Abdomen

Aerobic	Exercise	Set	Rep	Rest	Period
	Treadmill (Walking)	1	5'	no rest	After training
	Treadmill (Jogging)		30'		
	Treadmill (Running)		20'		
	Treadmill (Jogging)		30'		
	Treadmill (Running)		5'		

* The number of repetitions is only a reference for quantity. If the repetitions are below,

* On the day you train your legs, do aerobics first