

Frequency: Three times a week

Goal: Improve cardiorespiratory system

Body type: Rectangle

Day 1	Exercise	Set	Rep	Rest	Part of body
	Dumbbell Bicep Curls	3	12	30"	Arms (front)
	Cable Preacher Curls	3	12	30"	Arms (front)
	Landmine 180's	3	30	30"	Abdomen
	Plate Side Bends	4	30	30"	Abdomen
	Feet Elevated Inverted Rows	3	15	30"	Back
	Wide Grip Lat Pulldown	3	15	30"	Back
	Single-Arm Row	3	10	30"	Back
	Single-Leg Calf Raise	4	20	15"	Calves
Day 2	Exercise	Set	Rep	Rest	Part of body
	Flat Bench Press	3	15	30"	Chest
	Triceps kickback	3	15	30"	Arms (back)
	Decline Chest Press	3	15	30"	Chest
	Decline Dumbbell Flyes	3	15	30"	Chest
	Narrow Grip Bench Press	3	15	30"	Arms (back)
	Rope Tricep Extensions (down)	3	15	30"	Arms (back)
	Rear Delt Fly	3	15	30"	Shoulders
	Landmine Single Arm Jammer	3	15	30"	Shoulders
Day 3	Exercise	Set	Rep	Rest	Part of body
	Back Supported Hanging Knee Raises	4	15	30"	Abdomen
	Alternating Heel Touches	4	15	30"	Abdomen
	Glute Press Machine	4	20	45"	Legs (back)
	Burpees	6	10	1'	Legs (front)
	Barbell Stiff-Legged Deadlifts	3	12	45"	Legs (back)
	weighted lunges	3	12	45"	Legs (front)
	Abductor/adductor machine	3	12	45"	Legs (int./ext.)
	Double-Leg Calf Raise	2	20	30"	Calves
Aerobic	Exercise	Set	Rep	Rest	Period
	Wind Bike	1	10'	no rest	Everyday After training
	Rope Jumping	4	100	1'	
	Stationary bike	1	10'	no rest	
	Treadmill (Walking)	1	5'	no rest	
	Treadmill (Jogging)		30'		
	Treadmill (Running)		20'		
	Treadmill (Jogging)		30'		
	Treadmill (Running)		5'		
	Stationary Rowing		1		

\* 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