

## خطة شهر ١١ - ٢٣ - ٢٠٢٣ المجانية

### Day1: Chest and Triceps

- Incline dumbbell press 3x10
- Smith machine bench press 3x10
- Incline dumbbell fly 3x12
- Pec deck 3x10
- Underhand triceps pressdown 3x10
- V bar pushdown 3x10
- Decline dumbbell Skullcrusher 3x10

### Day2: Legs

- Barbell squats 3x10
- Leg extensions 3x12
- Barbell squats 3x12
- Leg press 3x15
- Dumbbell stiff leg deadlift 3x12
- Laying leg curl 3x12
- Standing calf raises 3x15
- Seated calf raises 3x15

### Day3: off

### Day4: Back and Biceps

- V bar grip pulldown 3x15
- Wide grip seated cable row 3x15
- Underhand barbell row 3x10
- Rope straight arms pushdown 3x15
- Ez bar preacher curl 3x15
- Dumbbell standing curl 3x15
- Hammer curl 2x15

### Day5: shoulders and abs

- Cable lateral raises 3x15
- Machine shoulders press 4x10
- Rope front raises 3x15
- Reverse pec deck 3x12
- Leg raises 4x25
- Rope crunches 4x25

Day6: off. Day7: كرر الخطة من اول يوم