

## خطة شهر ٨ - ٢٣ - ٢٠٢٣ المجانية

### Day1: leg day:

- Seated leg curl 4x10
- Leg extensions 2x15
- Hack squat 4x10
- Barbell squats 3x10
- Dumbbell walking lunges 3x15
- Standing calf raises 4x25
- Seated calf raises 4x25

### Day2: Chest, triceps

- Cable crossover 4x10
- Incline dumbbell press 3x12
- Incline machine press 3x10
- Flat dumbbell press 3x12
- Rope overhead triceps extensions 4x10
- Straight bar pushdown 4x10

### Day3: OFF

### Day4: Back, Biceps

- Vbar pulldown 4x12
- Two arm incline bench dumbbell row 3x10
- Machine row 3x12
- Wide grip seated row 3x15
- Rope pullover 3x15
- Dumbbell contraction curls 5x10

### Day5: Shoulders, abs

- Dumbbell side lateral raises 3x12
- Military press 4x10
- Seated dumbbell shrugs 3x12
- Dumbbell rear delt raises 3x20
- Machine crunches 3x20
- Leg raises 4x25

### Day6: Arms

- Triceps dips machine or bench 4x10
- Triceps v bar pressdown 3x12
- Barbell skullcrusher 4x10
- Dumbbell kickback 4x10
- Dumbbell preacher curl 4x10
- Close grip barbell curl 3x12
- Barbell reverse. curl 3x10

### Day7: OFF