

خطة شهر ٢ المجانية

Day1:Legs

- Leg extensions 3x20
- Barbell squats 3x10
- Leg press 4x12
- Layig leg curl 3x15
- Stiff leg deadlift 4x10
- Seated calf raises 4x25
- Standing calf raises 4x25

Day2: Chest / Triceps

- Incline smith machine press 4x10
- Incline dumbbell fly 4x10
- Decline barbell press 3x10
- Pec deck 4x10
- Underhand cable pressdown 3x12
- Dumbbell kickbacks 3x12
- Dips for triceps 4x10

Day3: off

Day4: Back / Biceps

- Underhand cable pulldowns 4x10
- Seated close grip cable row 4x10
- Close grip cable pulldown 3x10
- Barbell row 4x10
- Deadlift 3x10
- Ez barbell curl 4x10
- Dumbbell preacher curl 3x10
- Rope hammer curl 3x10

Day5: Shoulders / traps / abs

- Seated dumbbell Arnold press 4x10
- Dumbbell side raises 4x10
- Reverse pec deck 3x12
- Ez bar front raises 3x10
- Seated dumbbell shrugs 3x10
- Rope crunches 4x25
- Leg raises 4x25

Day6: off

Day7: كرر الخطة من اول يوم