

## خطة شهر ١٠ - ٢٠٢٢ المجانية

### **Day1: legs**

- leg press 6x10
- Leg extensions 4x20
- Barbell squats 4x8
- Smith machine squats 3x15
- Stiff leg deadlift 4x12
- Laying leg curl 5x12
- Seated calf raises 4x20
- Standing calf raises 4x25

### **Day2: chest and shoulders**

- incline dumbbell press 4x10
- Flat bench press 4x10
- Decline dumbbell press 3x10
- Smith machine flat press 3x10
- Pec deck 4x12
- Dumbbell side lateral raises 5x15-20

### **Day3: arms**

- Barbell curl 4x12
- Dumbbell contraction curls 3x10
- Dumbbell hammer curl 4x10
- Ez bar reverse curls 3x10
- Rope pushdown 4x12
- Ez bar skullcrusher 4x10
- Close grip smith machine press for triceps 4x10

### **Day4: off**

### **Day5: shoulders and abs**

- dumbbell seated shoulder press 5x8
- Cable side lateral raises 4x12
- Ez bar front raises 4x10
- Dumbbell rear delt raises 4x10
- Ez bar upright row 4x10
- Dumbbell shrugs 5x10
- Abs crunches 4x25
- Leg raises 4x25

### **Day6: back and light arms**

- Lat pull-down 4x12
- Machine row 5x10
- Rope seated row 3x10
- Straight arm pushdown 4x12
- Hyperextensions 4x15-20
- Ez bar curl 5x10
- Ez bar cable triceps push down 5x10

### **Day7: off**