

خطة شهر ١ - ٢٠٢٤ المجانية

Day1: back and biceps

- Tbar row 4x10
- Underhand barbell row 4x10
- Close grip lat pull down 4x12
- Wide grip seated cable row 3x10
- Seated dumbbell shrugs 3x15
- Reverse barbell curl 3x10
- Barbell curls 3x10
- Dumbbell preacher curl 3x10
- Leg raises 4x12

Day2: chest and triceps

- Chest Pec deck 4x10
- Incline dumbbell press 3x10
- Decline dumbbell fly 3x10
- Flat dumbbell press 4x10
- Overhead ez bar extensions 4x10
- Rope pushdown 3x10
- Underhand cable pressdown 3x10

Day3: off

Day4: legs

- Back barbell squats 4x10
- Front barbell squats 3x12
- Leg press 3x15
- Leg extension 3x20
- Laying leg curl 3x15
- Seated calf raises 4x20
- Standing calf raises 3x15

Day5: shoulders and abs

- wide grip upright row 3x15
- Dumbbell side lateral raises 3x15
- Dumbbell seated press 4x10
- Reverse pec deck 4x10
- Leg raises 4x25
- Machine crunches 4x25

Day6,7: off