

خطة شهر ١٢ - ٢٠٢٢ المجانية

Day1: Back / Biceps / Abs

- neutral grip lat pull-down 4x10
- Underhand lat pull-down 4x10
- Machine row 4x10
- Two arms dumbbell row 4x10 اسحب الوزن لصدرك ، هذا تمرين ظهر علوي انتبه
- Smith machine deadlift 4x8
- Dumbbell preacher curl 5x10
- Ez bar reverse grip curl 4x12
- Leg raises 4x25

Day2: Chest / Triceps

- incline dumbbell press 4x10
- Smith machine decline press 4x10
- Incline barbell press 3x10
- Pec deck 5x10
- Close grip bench press 4x10
- Rope pushdown 3x12
- One arm cable triceps extension 4x12

Day3: Legs

- Leg extensions 4x12
- Laying leg curl 4x12
- Seated leg curl 3x10
- Wide leg press 4x15
- Narrow leg press 4x15
- Smith machine squats 4x12
- Seated calf raises 4x25
- Standing calf raises 4x25

Day4: off

Day5: Arms

- Machine preacher curl 3x10
- Cable standing ez bar curl 3x12
- Close grip ez barbell 3x12
- Dumbbell hammer curl 4x12
- Overhead rope triceps extensions 4x10
- One arm triceps pushdown 3x10
- Ez bar skullcrusher 3x12

Day6: Shoulders and abs

- One arm cable side lateral raises 4x12
- Two arm dumbbell shoulder press 4x10
- Plate raises 4x12
- Reverse pec deck 4x12
- Machine crunches 4x25
- Leg raises 4x25

Day 7: off