

الاثنين تمرين الرجلين:

- Leg extensions 4x15
- Hack squats 4x15
- Back squats 4x10
- Laying leg curl 4x15
- Seated calf raises 4x25
- Dumbbell walking lunges 3x12

الثلاثاء تمرين الصدر والبايسبس و البطن:

- Incline dumbbell press 4x12
- Decline dumbbell fly 4x15
- Incline barbell press 3x14
- Decline dumbbell press 3x12
- Machine preacher curl 4x15
- Pec deck 4x12
- Machine crunches 4x25

الأربعاء: راحة
الخميس تمرين الظهر و الترايسبس:

- Underhand cable seated row 4x12
- Lat pulldown 4x12
- Bent-over two arm dumbbell row 4x10
- Seated wide grip cable row 3x15
- Two arm dumbbell row 3x14
- Triceps standing pressdown 4x12
- One arm triceps underhand pressdown 4x12

الجمعة: اكتاف و بطن

- Dumbbell side lateral raises 4x20
- Ez bar front raises 4x12
- Rear delt dumbbell raises 3x15
- Seated dumbbell shoulder press 4x10
- Leg raises 4x25
- Decline ab crunches 4x25

السبت: ذراع

- Standing barbell curl 4x12
- Incline dumbbell curl 3x12
- Standing one arm cable curl 4x12
- Rope pushdown 4x12
- Incline bench ez bar skullcrusher 4x15
- Seated dumbbell contraction curl 3x12
- Dumbbell kickback 4x15