

خطة شهر ١٢ - ٢٣ - ٢٠٢٣ المجانية

Day1: legs

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

Day2: chest and shoulders

- Incline Machine press 4x10
- Decline dumbbell fly 3x10
- Smith machine flat press 3x10
- Pec deck 4x12
- Dumbbell side lateral raises 5x15-20
- Shoulder press machine 3x12

Day3: arms

- Ez Barbell curl 4x12
- Dumbbell contraction curls 3x10
- Rope 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

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

Day6: back and light arms

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

Day7: off