

DAY	Order	Exercices	Series	Repetition	TUT	Rest
1	A1	Bench press	5	6	311	30
	A2	Flat dbs press	5	12	311	30
	A3	flat dbs flyes	5	25	311	120
	B1	chin up	5	6	311	30
	B2	bent over row	5	12	311	30
	B3	bent over lateral raise	5	25	311	120
DAY	Order	Exercices	Series	Repetition	TUT	Rest
2	A	crunch	5	6	222	45
	B	hip raise	5	12	111	60
	C1	lateral raise + rotator cuff	5	25	121	30
	C2	low pulley up right row	5	6	121	90
	D1	military press	5	12	311	30
	D2	lateral raise	5	8+8+8	101	90
DAY	Order	Exercices	Series	Repetition	TUT	Rest
3	A1	Triceps close grip decline	5	6	311	0
	A2	triceps pressdown	5	12	202	30
	A3	triceps kickback	5	25	101	120
	B1	standig curl ez bar	5	6	311	0
	B2	preacher curl ez bar	5	12	212	30
	B3	standing hammer curl	5	25	101	120
DAY	Order	Exercices	Series	Repetition	TUT	Rest
4	A1	Incline smith machine	5	6	311	30
	A2	leg press	5	12	202	30
	A3	leg extension	5	25	101	120
	B1	leg curl	5	6	301	30
	B2	Roumanian dead lift	5	12	301	30
	B3	seated calf	5	25	202	120

