

PAZARTESİ – SIRT GÜNÜ

- * Wide-Grip Lat Pulldown 4x12-15
- * Barbell Bent Over Row 4x8-12
- * Machine Row 4x10-12
- * Dumbbell Pullover 3x12
- * Deadlift 3x6-8
- * Face Pull 4x12-15

SALI GÖĞÜS+BİCEPS

- * Incline Smith Machine Press 4x10-12
- * Flat Dumbbell Press 4x8-12
- * Machine Chest Fly 3x15
- * Cable Crossover 3x12-15
- * Standing Barbell Curl 4x12-15
- * Concentration Curl 3x12
- * Cable Curl 3x15

ÇARŞAMBA – BACAK

- * Leg extension 4x15
- * Hack Squat 4x8-10
- * Leg Press 4x10-12
- * Romanian Deadlift 4x10
- * Seated Hamstring Curl 4x12-15
- * Walking Lunges 2x30 Adım
- * Standing Calf Raise 4x15

PERŞEMBE – OMUZ+TRİCEPS

- * Dumbbell Lateral Raise 5x12-20
- * Smith Machine Overhead Press 4x10
- * Rear Delt Reserve Fly 4x15
- * Upright Row 3x12
- * Overhead Pushdown 4x15
- * Cable Pushdown 4x15
- * Dips 3x set

Cuma – HAFİF SIRT+KARIN

- * Straight Arm Pulldown 3x15
- * Single Arm Cable Row 3x12
- * Machine Row 3x12
- * Hanging Leg Raise 4x15
- * Cable Crunch 4x20
- * Ab Wheel Rollout 3x10