

Guray's Hypertrophy Max

PAZARTESİ

Plate Loaded Chest Press	2x5-6 Rir1
Smith Machine Low Incline Press	2x5-6 Rir1
Chest Fly Machine	1x6-8 Failure
Shoulder Press Machine	2x6-8 Rir1
Lateral Raise	3x8-10 Failure
Triceps Pushdown	2x6-8 Failure
Overhead Rope Extension	2x8-10 Failure

SALI

Lat Pulldown	2x6-8 Rir1-Failure
Plate Loaded Wide Grip Row	3x6-8 Rir1-Failure
Cable Row	1x8-10 Failure
Incline Dumbbell Curl	2x6-8 Failure
Cable Curl	2x6-8 Failure
Hammer Curl Reverse Barbell Curl	2x8-10 Failure (Super Set)

ÇARŞAMBA

Leg Press	2x6-8 Rir1-2
Smith Machine Squat	2x6-8 Rir1-2
Leg Extension	2x8-10 Failure
Seated Leg Curl	3x8-10 Rir1

CUMA

Shoulder Press Machine	2x6-8 Rir1
Lateral Raise	3x8-10 Failure
Smith Machine Low Incline Press	2x5-6 Rir1
Chest Fly Machine	2x6-8 Failure
Cable Rear Delt Fly	2x8-10 Failure
Triceps Pushdown	2x6-8 Failure
Overhead Rope Extension	2x8-10 Failure

CUMARTESİ

Plate Loaded Wide Grip Row	3x6-8 Rir1-Failure
Lat Pulldown	3x6-8 Rir1-Failure
Romanian Deadlift	2x5-6 Rir1-2
Cable Curl	2x6-8 Failure
Hammer Curl Reverse Barbell Curl	2x8-10 Failure (Super Set)
Leg Extension	2x6-8 Failure
Seated Leg Curl	1x8-10 Failure

*2 Antrenman Sonunda:

3x10 Cable Crunch / 3x10 Standing Calf Raise