

Workout Plan

Username: Gilad45

Legs - Quadriceps, Hamstrings and Calves

Jumping rope

Clean from Blocks

Push - Chest, Shoulders and Triceps

Dumbbell Flyes

Decline Dumbbell Flyes

Cable V-bar push-down

Pull - Lats and Middle back

V-bar pull-up

Reverse-grip bent-over row

T-Bar Row with Handle