

Thứ2



3 set-rep 12-10-10



3 set- 12-10-10

Bài tập Leg Press (Đạp máy)





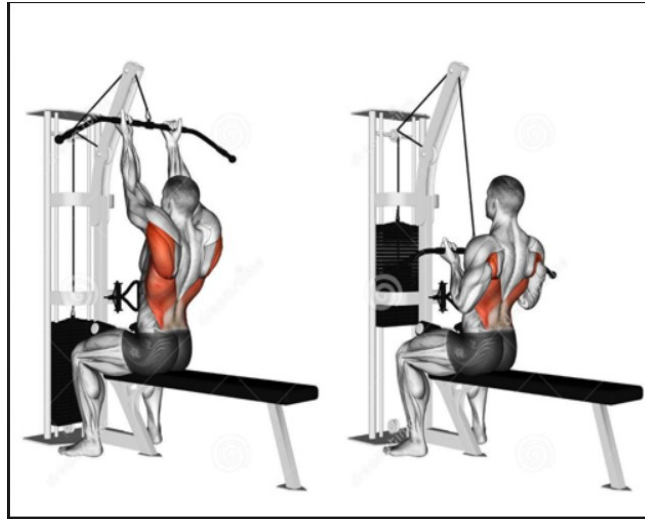
3set—10-10-10



3set-10-10-10



2set- 12-8



3set-10-10-10

Thứ3



3 set- 12-10-10

Bài tập Lying Leg Curls (Cuốn tạ)



3set 8-8-6



3set 12-10-8



3set-10-10-10



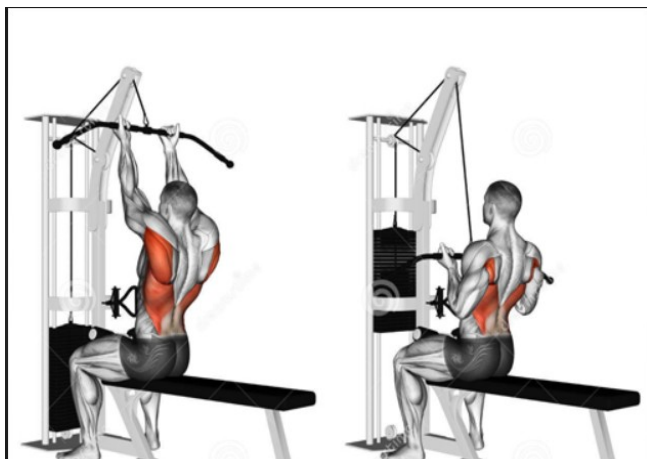
Thứ4

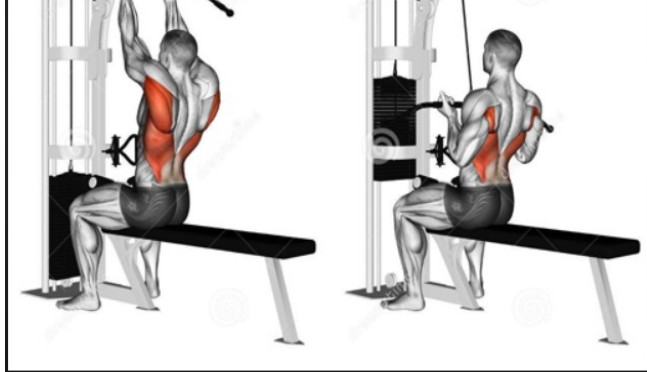


3 set-rep-10-8-8



3set 15- -10-8





3set 12-8-8



3set-10-10-10





4set 8



Thứ 5  
ngh



Thứ 6

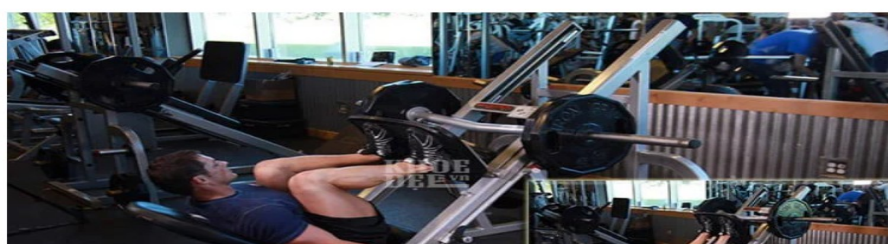


3 set- 15-12-12



3 set- 15-12-12

Bài tập Leg Press (Đạp máy)





4set- 8-8-8-8



4set- 12-10-8-8



4set- 10-10-8-8

Thứ7

Tập 15p theo link bên dưới

<https://www.youtube.com/watch?v=ml6cT4AZdql>



Chủ nhật  
nghỉ