

## Workout Program for ALMOkadem Program : null

Day	Exercises
Day 1	Squat (Barbell) sets : 3 reps : 6-8 reps Deadlift (Barbell) sets : 3 reps : 6-8 reps Leg Extension sets : 2 reps : 8-12 reps Leg Curl sets : 2 reps : 6-12 reps Chin-Up (Weighted) sets : 3 reps : 6-12 reps Straight Leg Calf Raise sets : 2 reps : 8-15 reps
Day 2	Bench Press (Barbell) sets : 4 reps : 6-12 reps Overhead Press (Barbell) sets : 2 reps : 6-12 reps Bent Over Row (Barbell) sets : 3 reps : 6-12 reps Lateral Raise (Cable) sets : 3 reps : 8-15 reps Overhead Tricep Extension (Cable) sets : 2 reps : 8-15 reps Bayesian Curl sets : 2 reps : 8-15 reps