

A**monday**

cardio

threadmill (10 minutes)

legs

leg extension

weight reps sets check

20kgs 12 3

legs

leg curl

20kgs 12 3

legs

leg press

20kgs 12 3

shoulders

lateral raise

shoulders

overhead press

shoulders

front raises

glutes

threadmill

cardio 1

legs 3

shoulders 3

glutes 1

monday

cardio

bycicle (10 minutes)

chest

flat bench press

weight reps sets check

20kgs 12 3

chest

inclined bench press

chest

cable pec flys

triceps

overhead dumbbell extension

triceps

push ups

forearms

hammer curl

neck

threadmill

NECK 1

TRAPS

SHOULDERS 3

CHEST 3

BACK 3

CHORE

GLUTEUM 2

LEGS 3

BICEPS 2

TRICEPS

FOREARMS 1

CARDIO 4x 10min

+ + + + + + + + + + + + + + + +

A

| | | weight | reps | sets | check |
|-----------|--------------------------------|--------|------|------|--------------------------|
| cardio | | | | | |
| | threadmill (10 minutes) | | | | <input type="checkbox"/> |
| legs | | | | | |
| | leg extension | 20kgs | 12 | 3 | <input type="checkbox"/> |
| legs | | | | | |
| | leg curl | 20kgs | 12 | 3 | <input type="checkbox"/> |
| legs | | | | | |
| | leg press | 20kgs | 12 | 3 | <input type="checkbox"/> |
| shoulders | | | | | |
| | lateral raise | | | | <input type="checkbox"/> |
| shoulders | | | | | |
| | overhead press | | | | <input type="checkbox"/> |
| shoulders | | | | | |
| | front raises | | | | <input type="checkbox"/> |
| glutes | | | | | |
| | threadmill | | | | <input type="checkbox"/> |

B

| | | weight | reps | sets | check |
|----------|------------------------------------|--------|------|------|--------------------------|
| cardio | | | | | |
| | bycicle (10 minutes) | | | | <input type="checkbox"/> |
| chest | | | | | |
| | flat bench press | 20kgs | 12 | 3 | <input type="checkbox"/> |
| chest | | | | | |
| | inclined bench press | | | | <input type="checkbox"/> |
| chest | | | | | |
| | cable pec flys | | | | <input type="checkbox"/> |
| triceps | | | | | |
| | overhead dumbbell extension | | | | <input type="checkbox"/> |
| triceps | | | | | |
| | push ups | | | | <input type="checkbox"/> |
| forearms | | | | | |
| | hammer curl | | | | <input type="checkbox"/> |
| neck | | | | | |
| | threadmill | | | | <input type="checkbox"/> |

cardio 1

legs 3

shoulders 3

glutes 1

NECK 1

TRAPS

SHOULDERS 3

CHEST 3

BACK 3

CHORE

GLUTEUM 2

LEGS 3

BICEPS 2

TRICEPS

FOREARMS 1

CARDIO 4x 10min

A

cardio

threadmill (10 minutes)

weight reps sets check

legs

leg extension

20kgs 12 3

legs

leg cu

legs

leg pre

shoulder

latera

shoulder

overhead

shoulder

front r

glutes

thread

cardi

legs :

shoulders 3

glutes 1

B

cardio

bycicle (10 minutes)

weight reps sets check

chest

flat bench press

20kgs 12 3

LEGS



