Program Latihan

1. **Monday: cardio, legs and Sholder**
2. Cardio

* jumping rope

Set = 2 kali

Rep = x kali

Time = 1 menit

Rest = 30 detik

**Istirahat antar variasi = 1 menit**

* Jumping Jack

Set = 2 kali

Rep = x kali

Time = 1 menit

Rest = 30 detik

**Istirahat antar variasi = 40 detik**

* Buttkicks

Set = 2 kali

Rep = x kali

Time = 1 menit

Rest = 30 detik

Istirahat antar variasi = 40 detik

* High Knee Taps

Set = 2 kali

Rep = x kali

Time = 1 menit

Rest = 30 detik

**Istirahat antar variasi = 40 detik**

* jumping rope

Set = 2 kali

Rep = x kali

Time = 1 menit

Rest = 30 detik

**Istirahat antar variasi = 1 menit**

**Istirahat antar Jenis = 5 Menit**

1. Legs

* Warm Up
* \* Bike = 3 Menit
* \* Yogi Squat Hold = 30 Detik
* \* Squat with Throatic rot = 3 kali setiap sisi
* \* Window Wipers = 30 Detik
* \* Hip Dynamic Strech = 30 Detik
* \* Leg Swing (Left to Right) = 30 Detik
* \* Leg Swing (Front to Back) = 30 Detik
* Barbel back Squat

Set = 3 kali

Rep = 10-12 kali

Time = x menit

Rest = 40 detik

**Istirahat antar variasi = 40 detik**

* Sissy Squad

Set = 3 kali

Rep = 10-12 kali

Time = x menit

Rest = 40 detik

**Istirahat antar variasi = 40 detik**

* Walking Lunges

Set = 3 kali

Rep = 10-12 kali

Time = x menit

Rest = 40 detik

**Istirahat antar variasi = 40 detik**

* Leg Extension

Set = 3 kali

Rep = 10-12 kali

Time = x menit

Rest = 40 detik

**Istirahat antar variasi = 40 detik**

* Leg Press

Set = 3 kali

Rep = 10-12 kali

Time = x menit

Rest = 40 detik

**Istirahat antar Jenis = 5 Menit**

1. Shoulders

* Sholder Press (Massa Otot All (depan dan samping))

Set = 3 kali

Rep = 10-12 kali

Time = x menit

Rest = 40 detik

Rest = 40 detik

**Istirahat antar variasi = 40 detik**

* Lateral Raises (Bahu Samping)

Set = 3 kali

Rep = 10-12 kali

Time = x menit

Rest = 40 detik

**Istirahat antar variasi = 40 detik**

* Face Pull

Set = 3 kali

Rep = 10-12 kali

Time = x menit

Rest = 40 detik

1. Tuesday: chest, biceps, & triceps
2. Chest

* Bench Press Bar(Massa Otot All)

Set = 3 kali

Rep = 6-8 kali

Time = x menit

Rest = 40 detik

Rest = 40 detik

**Istirahat antar variasi = 40 detik**

* Bench press Barbel

Set = 3 kali

Rep = 8-10 kali

Time = x menit

Rest = 40 detik

**Istirahat antar variasi = 40 detik**

* Incline Barbel Press (Calive Head)

Set = 3 kali

Rep = 6-8 kali

Time = x menit

Rest = 40 detik

**Istirahat antar variasi = 40 detik**

* Chest Flies (Patern)

Set = 3 kali

Rep = 10-12 kali

Time = x menit

**Istirahat antar Jenis = 5 Menit**

1. Triceps

* Skull Crusher

Set = 3 kali

Rep = 10-12 kali

Time = x menit

Rest = 40 detik

**Istirahat antar variasi = 40 detik**

* Lying Cable Overhead extension cable -Bar

Set = 3 kali

Rep = 10-12 kali

Time = x menit

Rest = 40 detik

**Istirahat antar variasi = 40 detik**

* Triceps Push Down cabel-Bar (Conventional Grip)-Atas Lateral-

Set = 3 kali

Rep = 10-12 kali

Time = x menit

Rest = 40 detik

**Istirahat antar variasi = 40 detik**

* Triceps Push Down cabel-Bar (Reverse Grip)-Lateral-

Set = 3 kali

Rep = 10-12 kali

Time = x menit

Rest = 40 detik

**Istirahat antar Jenis = 5 Menit**

1. Biceps

* Biceps Curl conventional

Set = 3 kali

Rep = 10-12 kali

Time = x menit

Rest = 40 detik

**Istirahat antar variasi = 40 detik**

* Biceps Curl 45 derajat

Set = 3 kali

Rep = 10-12 kali

Time = x menit

Rest = 40 detik

**Istirahat antar variasi = 40 detik**

* Hammer Curl

Set = 3 kali

Rep = 10-12 kali

Time = x menit

Rest = 40 detik

**Istirahat antar variasi = 40 detik**

* Biceps Curl cabel

Set = 3 kali

Rep = 10-12 kali

Time = x menit

Rest = 40 detik

1. Wednesday rest
2. Thursday back & shoulder
3. Back (https://www.tiktok.com/@romanestrng/video/7182184663593553158?q=back%20gym&t=1689261693061)

* Smith Machine Overhang row

Set = 3 kali

Rep = 12-16kali

Time = x menit

Rest = 40 detik

Rest = 40 detik

**Istirahat antar variasi = 40 detik**

* V-bar lat pull down

Set = 3 kali

Rep = 12-16 kali

Time = x menit

Rest = 40 detik

**Istirahat antar variasi = 40 detik**

* Wide- bar lat pulldown

Set = 3 kali

Rep = 12-16 kali

Time = x menit

Rest = 40 detik

**Istirahat antar variasi = 40 detik**

* Rope Cable Row

Set = 3 kali

Rep = 12-16 kali

Time = x menit

Rest = 40 detik

**Istirahat antar variasi = 40 detik**

* Incline barbel row

Set = 3 kali

Rep = 12-16 kali

Time = x menit

**Istirahat antar Jenis = 5 Menit**

1. Shoulder

* Sholder Press (Massa Otot All (depan dan samping))

Set = 3 kali

Rep = 10-12 kali

Time = x menit

Rest = 40 detik

Rest = 40 detik

**Istirahat antar variasi = 40 detik**

* Lateral Raises (Bahu Samping)

Set = 3 kali

Rep = 10-12 kali

Time = x menit

Rest = 40 detik

**Istirahat antar variasi = 40 detik**

* Face Pull

Set = 3 kali

Rep = 10-12 kali

Time = x menit

Rest = 40 detik

1. Triday cardio, legs focus bokong & triceps
2. Cardio

**Istirahat antar Jenis = 5 Menit**

1. Legs

**Istirahat antar Jenis = 5 Menit**

1. Triceps

* Overhead one hand barbel (each side)

Set = 3 kali

Rep = 10-12 kali

Time = x menit

Rest = 40 detik

**Istirahat antar variasi = 40 detik**

* Single DB Kick Backs barbel (each side)

Set = 3 kali

Rep = 10-12 kali

Time = x menit

Rest = 40 detik

**Istirahat antar variasi = 40 detik**

* Single DB Kick Backs cable (each side)

Set = 3 kali

Rep = 10-12 kali

Time = x menit

Rest = 40 detik

**Istirahat antar variasi = 40 detik**

* Side Head cable (each side)

Set = 3 kali

Rep = 10-12 kali

Time = x menit

Rest = 40 detik

leg extension

laying hamstring curls

smith machine squats

walking lunges

saturday rest

sunday rest