

# JUMAI'S PLAN

## ☐ MONDAY

- LOWERBODY/ TRICEPS:
- LOWERBODY: Walking lunges, Barbel squat/goblet squats, hip thrust, Bulgarian split, kickback, rdl, leg curl, leg extension
- TRICEPS: Dips (triceps warm up), cable kickback, rope pulldown, straight bar pushdown, skull crusher.

## ☐ TUESDAY

- Chest/Back
- Chest: Flat bench press, Incline bench press, Cable flys, Dumbbell flys.
- Back: Pull up, Lat pull down, V-bar pulldowns, V-bar rows, Barbel rows/ Dumbbell rows

## ☐ WEDNESDAY

- CARDIO/ CORE

## ☐ THURSDAY

- SHOULDERS/ ARMS:
- FRONT DELTS: Military press, Arnold press
- SIDE DELTS: Lateral raise, cable flys
- REAR DELTS: Rear delt fly, Face pull.
- BICEPS: EZ Bar curl, dumbbell curl, Hammer curl, preacher curls.
- TRICEPS: Dips (triceps warm up), cable kickback, rope pulldown, straight bar pushdown, skull crusher, Close grip bench.

## ☐ FRIDAY

- LOWERBODY : Stretch,
- QUADS: Walking lunges, Barbel squats, Leg press, Bulgarian split, Leg extension.
- GLUTES: Rdl, hip thrust, kickback.

- HAMSTRING: Leg curls, deadlifts.