

Semestrální práce 4IZ238

List of training plans

Kevin Nguyen

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Le Mans	3
Monaka	17

Le Mans

Start	29.04.2024
End	05.05.2024

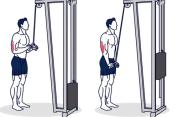
Person ID 1

Forname	Kevin
Surname	Nguyen
Age	20 years old
Height	176 cm
Weight	82 kg
Goal	lower body and maintain muscle mass
Profession	student
Frequency (in a week)	6
Experience	1 year
Given Plan	Le Mans

Day 29.04.2024

Split push

Exercise	Photo	Targeted Muscles	Photo	Warm Up (series/reps)	Top Set (series/reps)	Back Off Set (series/reps)
Cable Lateral Raise		Lateral Deltoid		2 10	1 10	1 10
Dumbbell Shoulder Press		Front Deltoid		1 10	1 10	1 10
Dumbbell Rear Delt Fly		Rear Deltoid		1 10	1 10	1 10

Exercise	Photo	Targeted Muscles	Photo	Warm Up (series/reps)	Top Set (series/reps)	Back Off Set (series/reps)
Smith Machine Incline Bench Press		Upper Chest		3 10	1 10	1 10
Dumbbell Bench Press		Chest		1 10	1 10	1 10
Cable Chest Fly		Chest		1 10	1 10	1 10
Tricep Pushdown		Triceps		2 10	1 10	1 10
Overhead Tricep Extension Machine		Triceps		2 10	1 10	1 10

Cardio

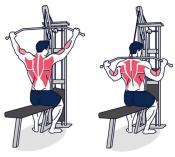
Exercise	Photo	Period	Speed	Incline
Treadmill Incline Walking		20 minutes	5.5 km/h	10 %

Summary

Estimated Time	Number Of Exercises	Targeted Muscles	Photo
2 hours	8	Lateral Deltoid, Front Deltoid, Rear Deltoid, Upper Chest, Chest, Triceps	 <p>Primary Muscles</p> <ul style="list-style-type: none">Lateral DeltoidFront DeltoidRear DeltoidUpper ChestChestTriceps 

Day 30.04.2024

Split pull

Exercise	Photo	Targeted Muscles	Photo	Warm Up (series/reps)	Top Set (series/reps)	Back Off Set (series/reps)
Lat Pulldown Machine		Lats		2 10	1 10	1 10
Barbell Row		Lats, Trapezius		1 10	1 10	1 10
Seated Row Machine		Lats		1 10	1 10	1 10
Cable Face Pull		Upper Back, Rear Deltoid, Trapezius		1 10	1 10	1 10
Preacher Curl Machine		Biceps		2 10	1 10	1 10
Hammer Curl		Brachioradialis, forearms		1 10	1 10	1 10

Cardio

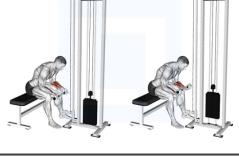
Exercise	Photo	Period	Speed	Incline
Treadmill Incline Walking		20 minutes	5.5 km/h	10 %

Summary

Estimated Time	Number Of Exercises	Targeted Muscles	Photo
1.5 hours	6	Lats, Trapezius, Rear Deltoid, Biceps	 Primary Muscles Lats Trapezius Rear Deltoid Biceps 

Day 01.05.2024

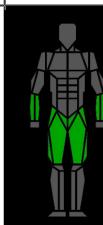
Split legs

Exercise	Photo	Targeted Muscles	Photo	Warm Up (series/reps)	Top Set (series/reps)	Back Off Set (series/reps)
Barbell Squat		Quads		3 10	1 10	1 10
Seated Legs Extension Machine		Quads		1 10	1 10	1 10
Cable Leg Curl		Harmstrings		1 10	1 10	1 10
Adductor Machine		Inner thighs			1 10	1 10
Abductor Machine		Outer thighs			1 10	1 10
Cable Forearm Curls		Forearms		2 10	1 10	1 10
Cable Reverse Wrist Curl		Forearms		2 10	1 10	1 10

Cardio

Exercise	Photo	Period	Speed	Incline
Treadmill Incline Walking		20 minutes	5.5 km/h	10 %

Summary

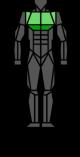
Estimated Time	Number Of Exercises	Targeted Muscles	Photo
1.83 hours	7	Quads, Harmstrings, Thighs, Foreamrs	 Primary Muscles Quads Hamstrings Adductors Abductors Forearm Flexors 

Day 02.05.2024

Rest day

Day 03.05.2024

Split push

Exercise	Photo	Targeted Muscles	Photo	Warm Up (series/reps)	Top Set (series/reps)	Back Off Set (series/reps)
Cable Lateral Raise		Lateral Deltoid		2 10	1 10	1 10
Dumbbell Shoulder Press		Front Deltoid		1 10	1 10	1 10
Dumbbell Rear Delt Fly		Rear Deltoid		1 10	1 10	1 10
Smith Machine Incline Bench Press		Upper Chest		3 10	1 10	1 10
Dumbbell Bench Press		Chest		1 10	1 10	1 10
Cable Chest Fly		Chest		1 10	1 10	1 10

Exercise	Photo	Targeted Muscles	Photo	Warm Up (series/reps)	Top Set (series/reps)	Back Off Set (series/reps)
Tricep Pushdown		Triceps		2 10	1 10	1 10
Overhead Tricep Extension Machine		Triceps		2 10	1 10	1 10

Cardio

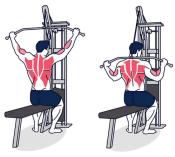
Exercise	Photo	Period	Speed	Incline
Treadmill Incline Walking		20 minutes	5.5 km/h	10 %

Summary

Estimated Time	Number Of Exercises	Targeted Muscles	Photo
2 hours	8	Lateral, Front Deltoid, Rear Deltoid, Upper Chest, Chest, Triceps	 Primary Muscles <ul style="list-style-type: none"> Lateral Deltoid Front Deltoid Rear Deltoid Upper Chest Chest Triceps

Day 04.05.2024

Split pull

Exercise	Photo	Targeted Muscles	Photo	Warm Up (series/reps)	Top Set (series/reps)	Back Off Set (series/reps)
Lat Pulldown Machine		Lats		2 10	1 10	1 10
Barbell Row		Lats, Trapezius		1 10	1 10	1 10
Seated Row Machine		Lats		1 10	1 10	1 10
Cable Face Pull		Upper Back, Rear Deltoid, Trapezius		1 10	1 10	1 10
Preacher Curl Machine		Biceps		2 10	1 10	1 10
Hammer Curl		Brachioradialis, forearms		1 10	1 10	1 10

Cardio

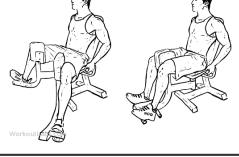
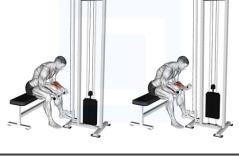
Exercise	Photo	Period	Speed	Incline
Treadmill Incline Walking		20 minutes	5.5 km/h	10 %

Summary

Estimated Time	Number Of Exercises	Targeted Muscles	Photo
1.5 hours	6	Lats, Trapezius, Rear Deltoid, Biceps	 Primary Muscles Lats Trapezius Rear Deltoid Biceps 

Day 05.05.2024

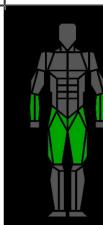
Split legs

Exercise	Photo	Targeted Muscles	Photo	Warm Up (series/reps)	Top Set (series/reps)	Back Off Set (series/reps)
Barbell Squat		Quads		3 10	1 10	1 10
Seated Legs Extension Machine		Quads		1 10	1 10	1 10
Cable Leg Curl		Harmstrings		1 10	1 10	1 10
Adductor Machine		Inner thighs			1 10	1 10
Abductor Machine		Outer thighs			1 10	1 10
Cable Forearm Curls		Forearms		2 10	1 10	1 10
Cable Reverse Wrist Curl		Forearms		2 10	1 10	1 10

Cardio

Exercise	Photo	Period	Speed	Incline
Treadmill Incline Walking		20 minutes	5.5 km/h	10 %

Summary

Estimated Time	Number Of Exercises	Targeted Muscles	Photo
1.83 hours	7	Quads, Harmstrings, Thighs, Foreamrs	 Primary Muscles Quads Hamstrings Adductors Abductors Forearm Flexors 

Monaka

Start	10.06.2024
End	16.06.2024

Person ID 2

Forname	Mark
Surname	Kowalski
Age	24 years old
Height	172 cm
Weight	68 kg
Goal	stay healthy
Profession	employed
Frequency (in a week)	3
Experience	0.1 year
Given Plan	Monaka

Day 10.06.2024

Split mixed

Exercise	Photo	Targeted Muscles	Photo	Warm Up (series/reps)	Top Set (series/reps)	Back Off Set (series/reps)
Cable Lateral Raise		Lateral Deltoid		2 10	1 10	1 10
Dumbbell Shoulder Press		Front Deltoid		1 10	1 10	1 10
Smith Machine Incline Bench Press		Upper Chest		3 10	1 10	1 10

Exercise	Photo	Targeted Muscles	Photo	Warm Up (series/reps)	Top Set (series/reps)	Back Off Set (series/reps)
Tricep Pushdown		Triceps		2 10	1 10	
Overhead Tricep Extension Machine		Triceps		2 10	1 10	
Preacher Curl Machine		Biceps		2 10	1 10	
Hammer Curl		Brachioradialis, forearms		1 10	1 10	

Cardio

Exercise	Photo	Period	Speed	Incline
Treadmill Incline Walking		20 minutes	5.5 km/h	10 %

Summary

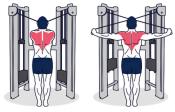
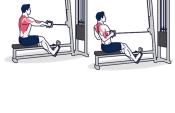
Estimated Time	Number Of Exercises	Targeted Muscles	Photo
1.2 hours	8	Lateral Deltoid, Front Deltoid, Biceps, Upper Chest, Triceps	 Primary Muscles <ul style="list-style-type: none"> Lateral Deltoid Front Deltoid Upper Chest Biceps Triceps

Day 11.06.2024

Rest day

Day 12.06.2024

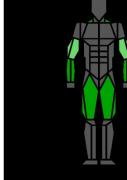
Split mixed

Exercise	Photo	Targeted Muscles	Photo	Warm Up (series/reps)	Top Set (series/reps)	Back Off Set (series/reps)
Dumbbell Rear Delt Fly		Rear Deltoid		1 10	1 10	1 10
Lat Pulldown Machine		Lats		2 10	1 10	1 10
Seated Row Machine		Lats		1 10	1 10	1 10
Cable Forearm Curls		Forearms		2 10	1 10	1 10

Cardio

Exercise	Photo	Period	Speed	Incline
Treadmill Incline Walking		20 minutes	5.5 km/h	10 %

Summary

Estimated Time	Number Of Exercises	Targeted Muscles	Photo
0.8 hours	5	Lats, Trapezius, Rear Deltoid, Forearmrs	 <p>Primary Muscles</p> <ul style="list-style-type: none">LatsTrapeziusRear DeltoidQuadsForearm Flexors 

Day 13.06.2024

Rest day

Day 14.06.2024

Split legs

Exercise	Photo	Targeted Muscles	Photo	Warm Up (series/reps)	Top Set (series/reps)	Back Off Set (series/reps)
Barbell Squat		Quads		3 10	1 10	1 10
Seated Legs Extension Machine		Quads		1 10	1 10	1 10
Cable Leg Curl		Harmstrings		1 10	1 10	1 10

Cardio

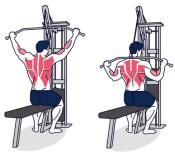
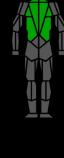
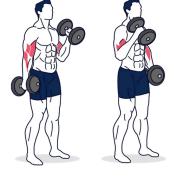
Exercise	Photo	Period	Speed	Incline
Treadmill Incline Walking		20 minutes	5.5 km/h	10 %

Summary

Estimated Time	Number Of Exercises	Targeted Muscles	Photo		
1 hours	8	Quads, Harmstrings		Primary Muscles Quads Hamstrings	

Day 15.06.2024

Split mixed

Exercise	Photo	Targeted Muscles	Photo	Warm Up (series/reps)	Top Set (series/reps)	Back Off Set (series/reps)
Lat Pulldown Machine		Lats		2 10	1 10	1 10
Barbell Row		Lats, Trapezius		1 10	1 10	1 10
Seated Row Machine		Lats		1 10	1 10	1 10
Cable Face Pull		Upper Back, Rear Deltoid, Trapezius		1 10	1 10	1 10
Preacher Curl Machine		Biceps		2 10	1 10	1 10
Hammer Curl		Brachioradialis, forearms		1 10	1 10	1 10
Adductor Machine		Inner thighs			1 10	1 10

Exercise	Photo	Targeted Muscles	Photo	Warm Up (series/reps)	Top Set (series/reps)	Back Off Set (series/reps)
Abductor Machine		Outer thighs			1 10	1 10

Cardio

Exercise	Photo	Period	Speed	Incline
Treadmill Incline Walking		20 minutes	5.5 km/h	10 %

Summary

Estimated Time	Number Of Exercises	Targeted Muscles	Photo
1.75 hours	6	Lats, Trapezius, Rear Deltoid, Biceps, Adductors, Abductors	<p>Primary Muscles</p> <ul style="list-style-type: none"> Lats Trapezius Rear Deltoid Biceps Adductors Abductors

Day 16.06.2024

Rest day