**What do you have ?**

**Full Gym**

**Barbells**

**Dumbells**

**KettleBells**

**Machines**

**GymBall**

**Resistance Equipment**

**BodyWeight**

**barbell :**

ez barbell

olympic barbell

trap barbell

**Machine :**

Leverage machine

Smith machine

Elliptical machine

Stepmill machine

Sled machine

Skierg machine

Cable

stationary bike

upper body ergometer

**Gym ball :**

stability ball

medicine ball

bosu ball

**body weight:**

body weight

weighted

**dumbbell**

**kettlebell**

**Full Gym** -> barbell, dumbbell, kettlebell, Machine and Gym ball

**Resistance Equipment** :

['band'

'rope'

'Resistance band'

'roller'

'tire'

'hammer'

'Wheel roller']

**What's your main goal ?**

**Increase muscle mass and size**

Focus on both large and small muscle groups with exercises that isolate the muscle. Higher reps, lower weight.

**Get stronger and lift more weight**

Focus on large muscle groups with more compound exercises. Fewer Reps, higher weight.

**Tone muscle and lose weight**

Do higher reps and lower weight in circuit training formats. Less complex exercises with more basic equipment.

Increase muscle mass and size : get Failure , reps(8-12) , rest time (1-2) min , 10 min cardio

Get stronger and lift more weight : Max Weight , reps(1-6) , rest time (3-5) min , 20 min cardio

Tone muscle and lose weight : Light Weight , reps(15-20) , rest time (30-60) sec ,

, 30 min cardio

**Choose Your Program**

**Push-Pull-Leg**

**5 Days Muscles**

**Cardio**

**IF Push-Pull-Leg**

**Choose Your Workout**

**Push**

**Pull**

**Legs**

**Push = 2 Pectorals , 2 Delts , 2 triceps , 2 waist**

**Pull = 1 lats , 1 spine , 1 upperback , 2 biceps , 2 posterior deltoid , 2 waist**

**Leg = 2 Quads , 1 hamstring , 1 glutes , 2 adductors , 1 abductors , 1 calves , 2 waist**

**Delts Secondary Muscles =[ 'triceps' 'biceps' 'quadriceps'**

**'forearms'=**

**posterior deltoid Secondary Muscles = ['traps' 'upper back' 'trapezius''rhomboids' 'rotator cuff']**

**IF 5 days Muscle**

**Choose Muscle Group**

**Chest**

**Back**

**Shoulders**

**Full Arms**

**Legs**

**chest = 7 random from SecondaryMuscles ['triceps' 'shoulders' 'deltoids' 'latissimus dorsi' 'core'] + 2 waist**

**back = 2'lats' 1'spine' 2'upper back' 1'traps' 2 waist**

**shoulders = 4 delts + 2 pesterior deltoid + 2 waist**

**Arms = 4 biceps + 3 triceps + 2 forearms**

**Leg = 2 Quads, 1 hamstring, 1 glutes , 2 adductors , 1 abductors , 1 calves , 2 waist**