Workout - 2

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1.a) Flat barbell bench press	r=1			- 10
· · · · · · · · · · · · · · · · · · ·	/5	/4	/3	/3
1.b) Praying curls	/12	/12	/12	/12
2. Incline barbell bench press	/8	/8	/8	/8
3.a) Skull crusher	/8	/8	/8	
3.b) DB kickbacks	/12	/12	/12	
4. Spider curls	/12	/12		

Day 2 - Pull (biceps, back, lats)

1 a) Doadlift				
1.a) Deadlift	/5	/5	/5	/5
1.b) Wide grip chinup (body-weight)		-		
and the graph contains the cont	/5	/5	/5	/5
2. Pull up				
	/8	/8	/8	/8
3. Alternating Y/W on yoga ball				
3. Atternating 1/W on yoga batt	/20	/20	/20	/20
(a) Close arin harhell curls				
4.a) Close grip barbell curls	/8	/8	/8	/8
(h) Wide grip ourle				
4.b) Wide grip curls	/8	/8	/8	/8

Day 3 - Legs (quads, hamstrings, calves)

1. Squat holding dumbbells	/12	/12	/12	/12
2. Hamstring curls	/12	/12	/12	/12
3. Bulgarian split squats holding DBs	/12	/12	/12	
4. Bodyweight calf raise	/20	/20	/20	/20
5. Side step lunge holding DBs	/10			

Day 4 - Push (shoulders, triceps)

1 a) Overhead press				
1.a) Overhead press	/5	/5	/5	/5
1.b) DB overhead press with band	(0)	10	/0	/0
•	/8	/8	/8	/8
2. Barbell pin press	/12	/12	/12	
3.a) Incline DB tricep extension				
ola, modific DD tricop extension	/12	/12	/12	/12
3.b) DB kickbacks				
טט אוכהטמכאס	/12	/12	/12	/12
4. DB raise tri-set				
	/30	/30	/30	
Day F Dull (bisans unner book)				

Day 5 - Pull (biceps, upper back)

1. Barbell bent over row	/5	/5	/5	/5
2.a) Barbell bicep curl (to failure)	/	/	/	/
2.b) Barbell half-curls (dropset)	/8	/8	/8	/8
3.a) Band face pulls	/20	/20	/20	/20
4. Chest supported row	/8	/8	/8	/8
5. Side grip chinup (to failure)	/	/	/	