

FREE



POWER OF TRAINING

EBOOK



SAFETY SAFETY SAFETY SAFETY
MUSCLE MUSCLE MUSCLE MUSCLE

PUSH PULL LEG

SAFETY SAFETY SAFETY SAFETY
MUSCLE MUSCLE MUSCLE MUSCLE

FIRST WEEK PLAN



WORK HARD
PLAY HARD

SAFETY SAFETY SAFETY SAFETY
MUSCLE MUSCLE MUSCLE MUSCLE

SATURDAY PUSH DAY



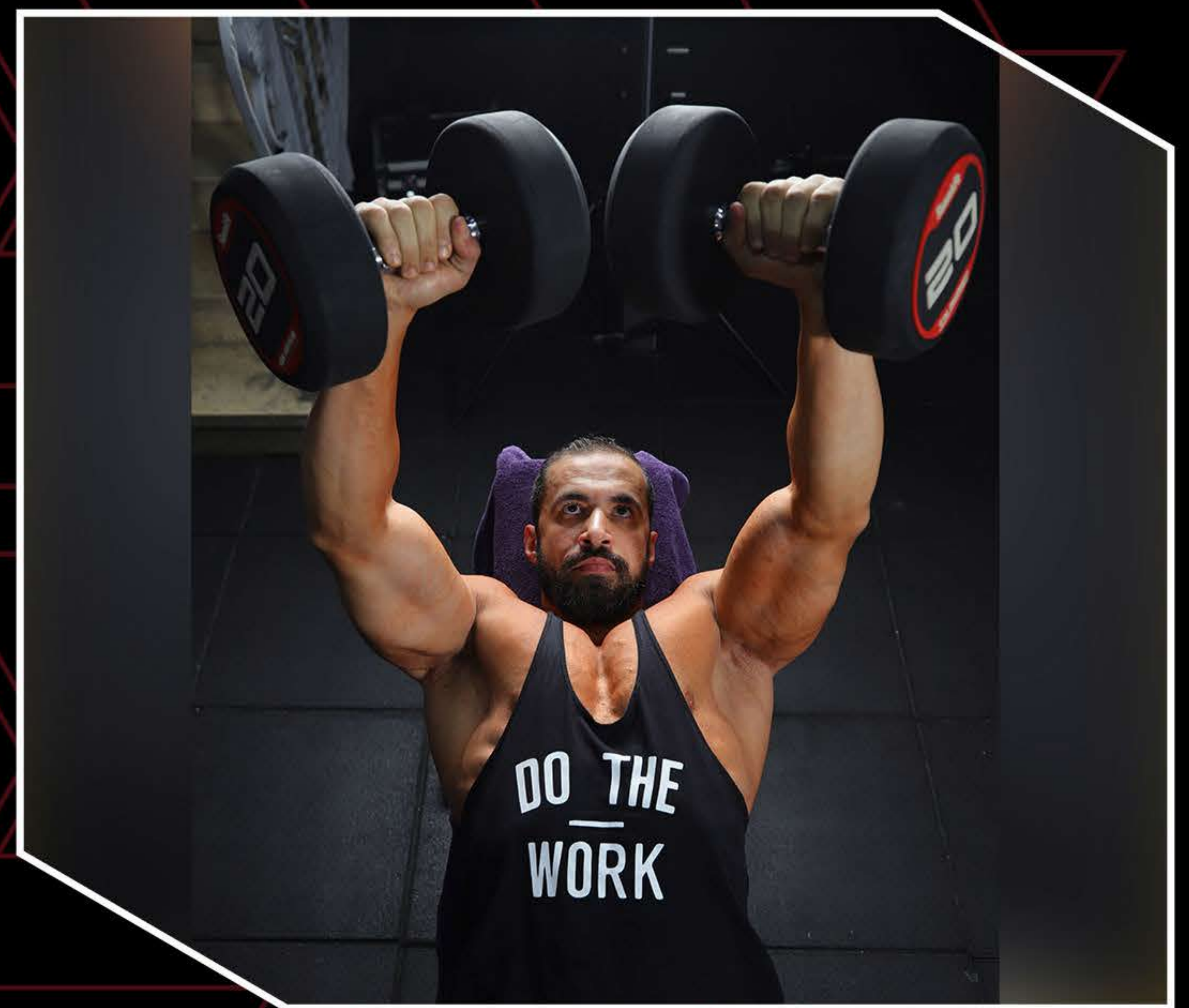
SAFETY SAFETY SAFETY SAFETY
MUSCLE MUSCLE MUSCLE MUSCLE

INCLINE BENCH PRESS BAR BELL



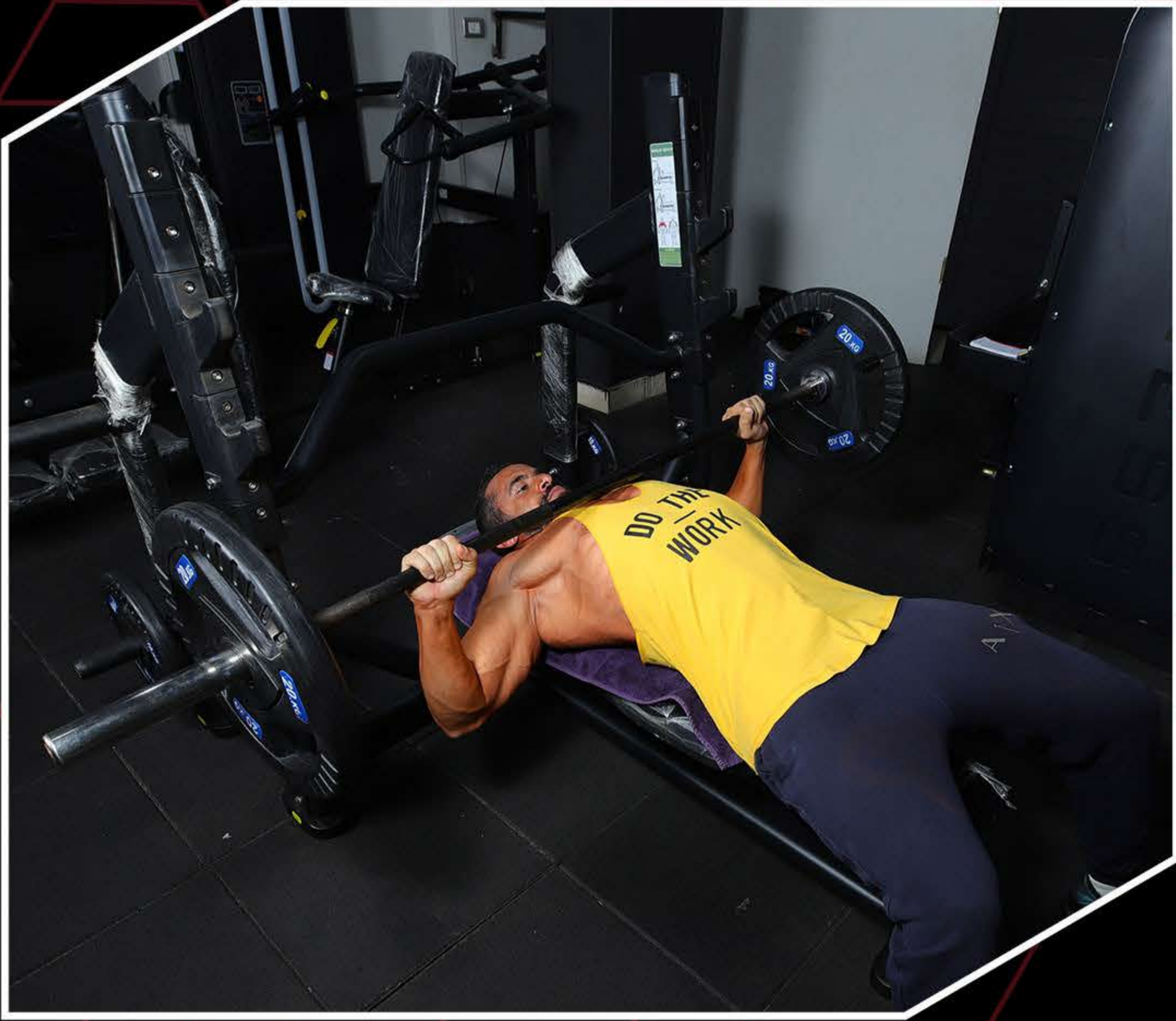
4 SETS FOR 10 REPS

INCLINE DUMBBELLE BENCH PRESS



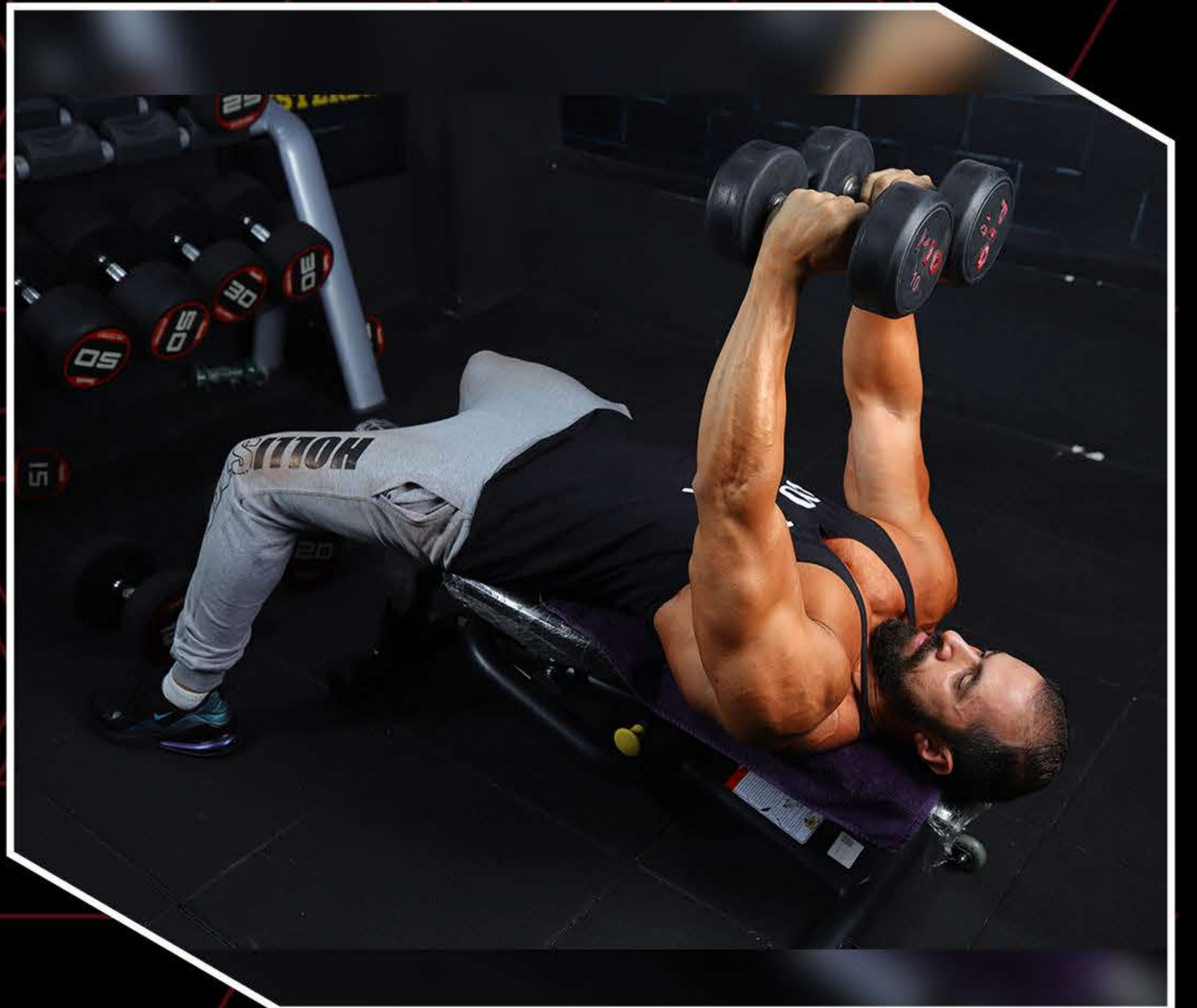
4 SETS FOR 10 REPS

FLAT BENCH PRESS BAR BELL



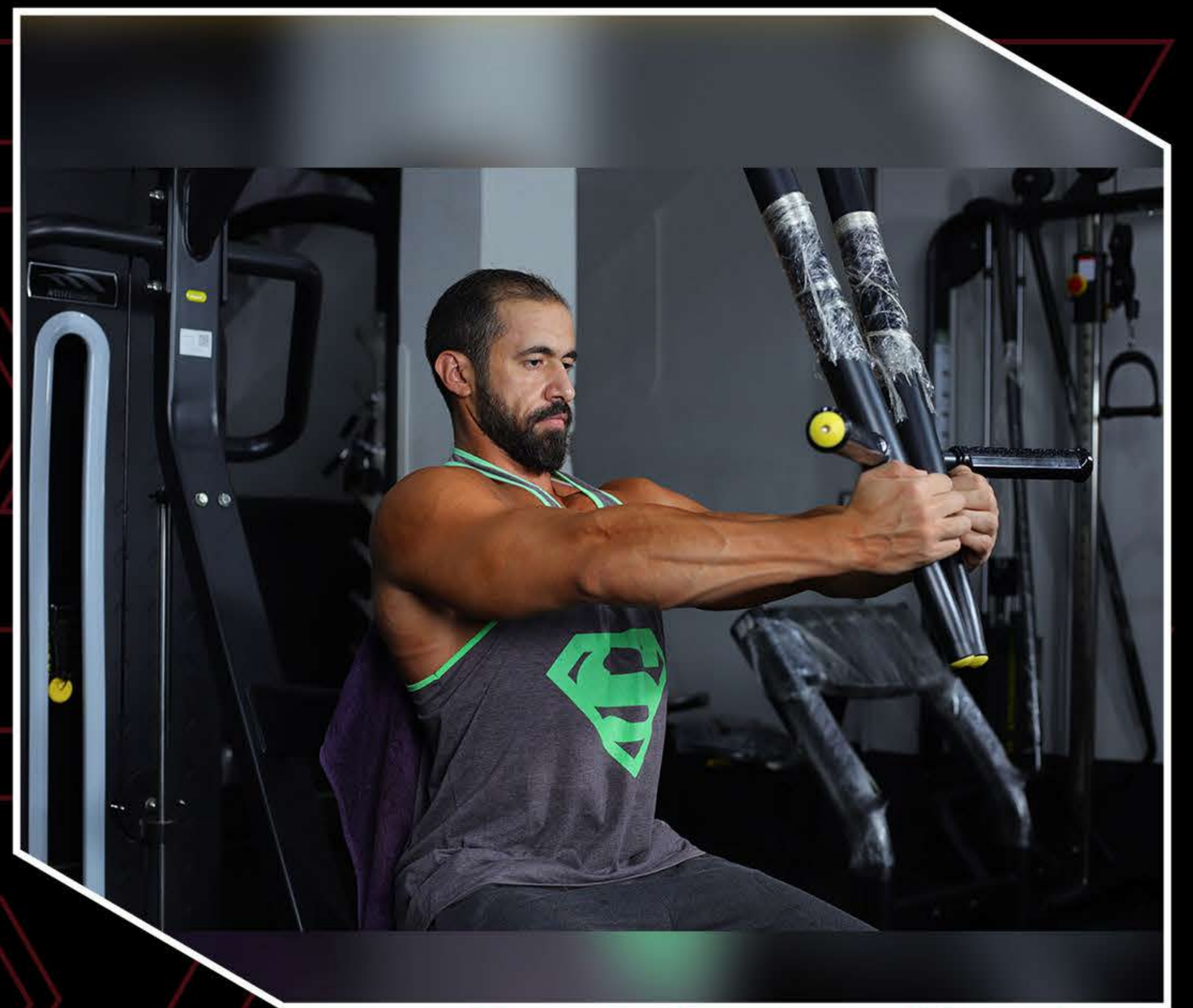
4 SETS FOR 10 REPS

DECLINE FLY DUMBBELLE



4 SETS FOR 12 REPS

FLY MACHINE



4 SETS FOR 12 REPS

DUMBBELL LATERAL RAISE



**DROP SET
3 SETS FOR 6,8,10 REPS**

DUMBBELL OVERHEAD PRESS



4 SETS FOR 10 REPS

DUMBBELL FRONT RAISE



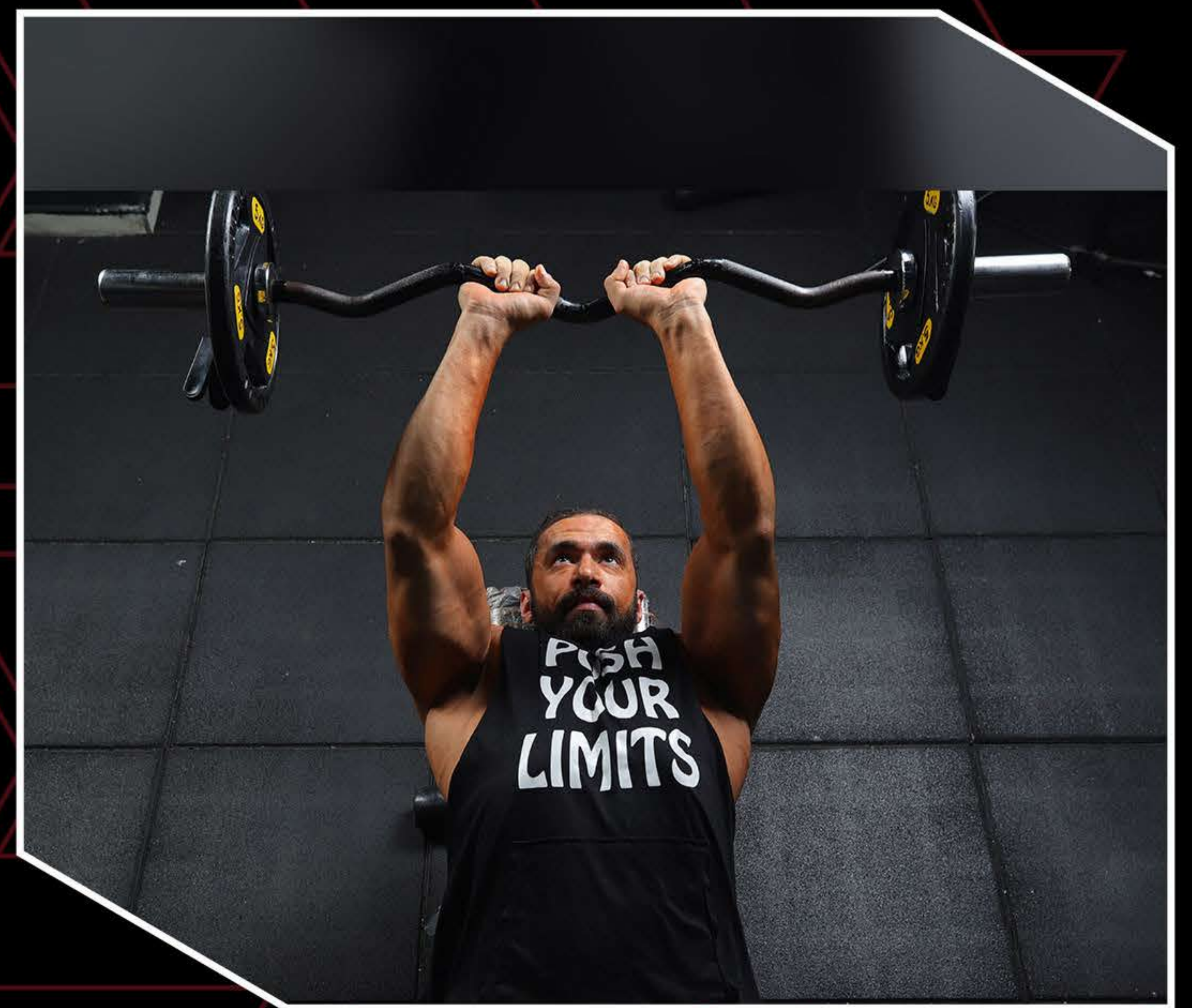
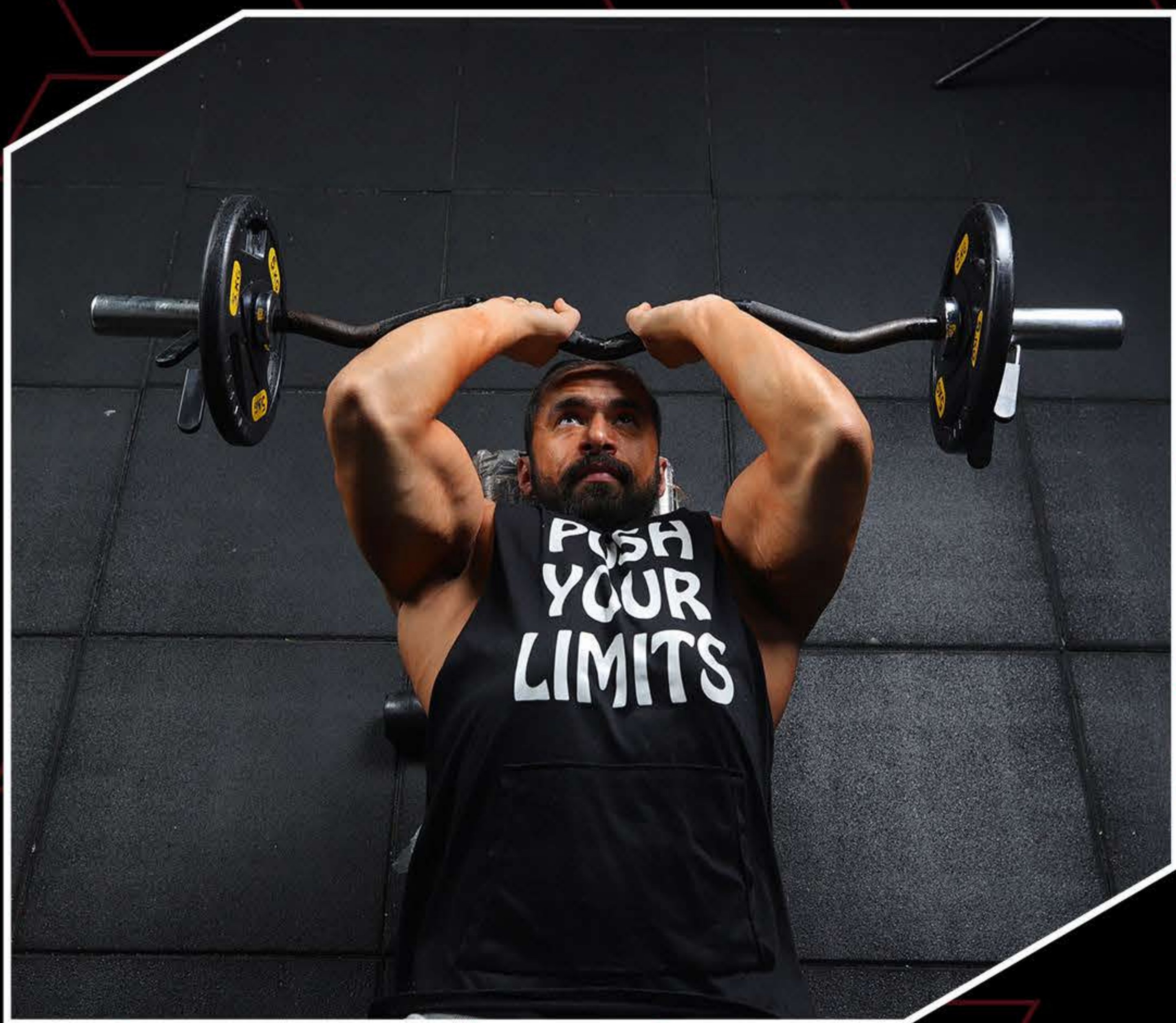
4 SETS FOR 12 REPS

ROBE PUSHDOWN



4 SETS FOR 12 REPS

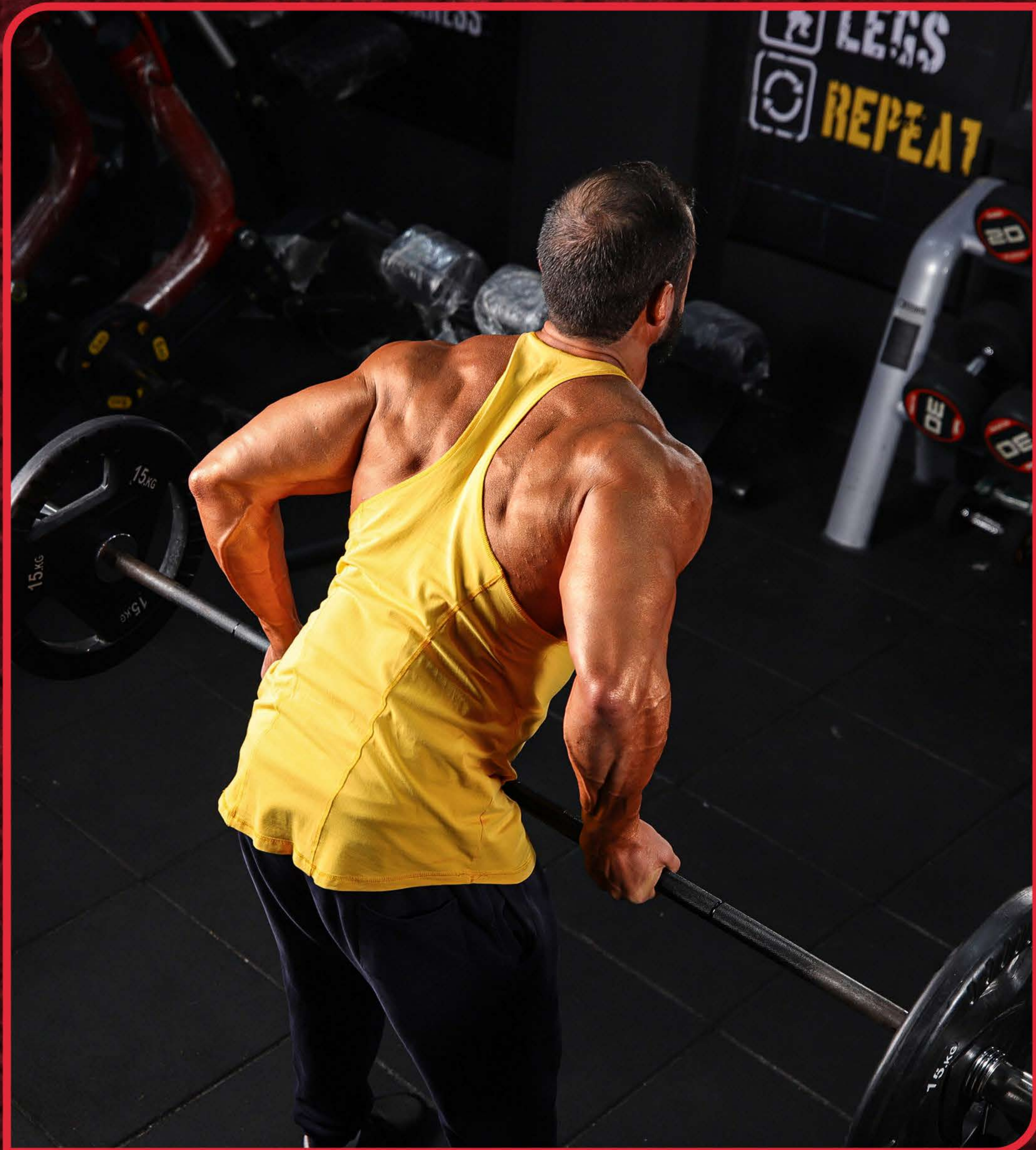
EZ BAR SKULL CRUSHER



4 SETS FOR 12 REPS

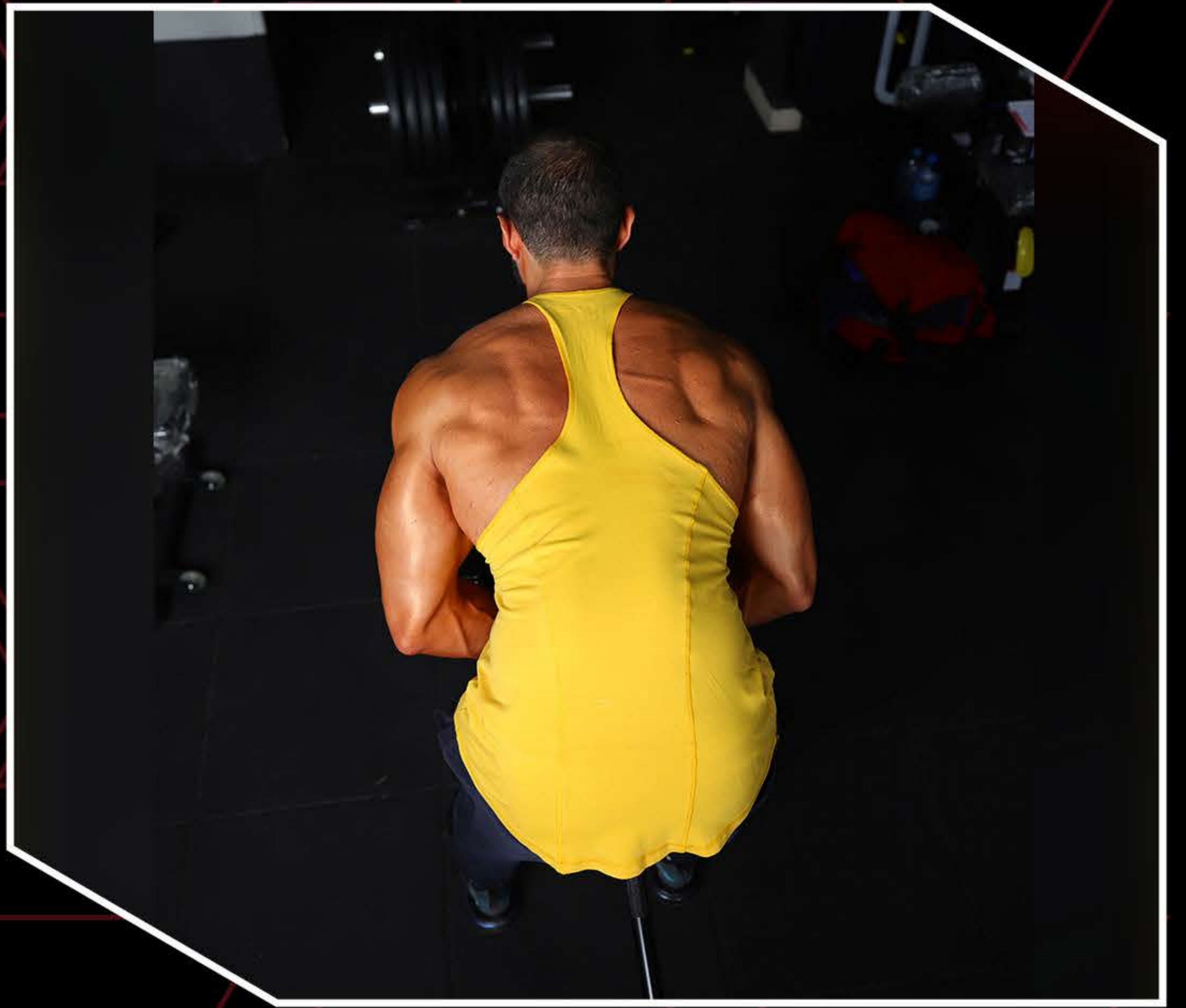
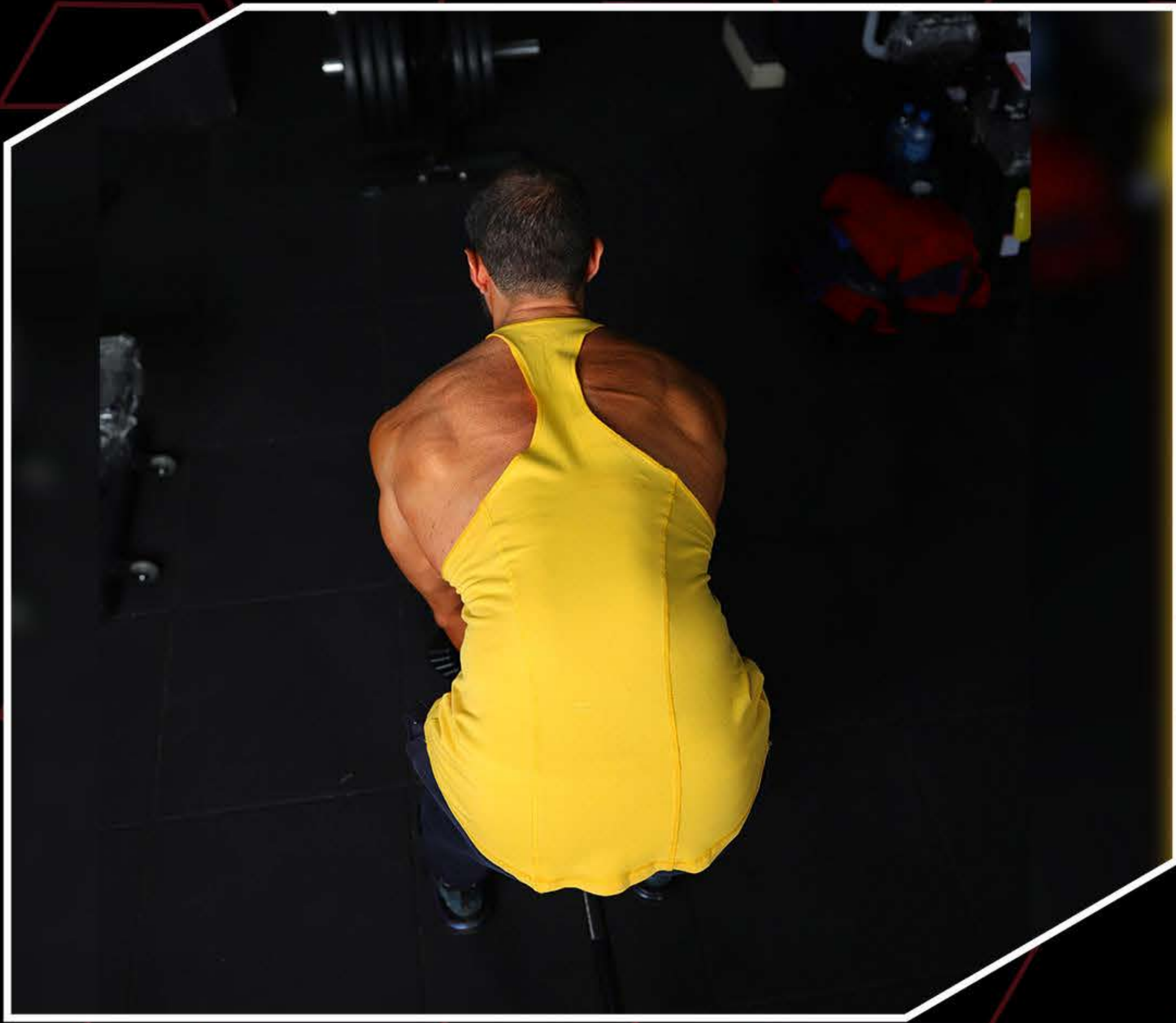
SAFETY SAFETY SAFETY SAFETY
MUSCLE MUSCLE MUSCLE MUSCLE

MONDAY PULL DAY



SAFETY SAFETY SAFETY SAFETY
MUSCLE MUSCLE MUSCLE MUSCLE

T-BAR



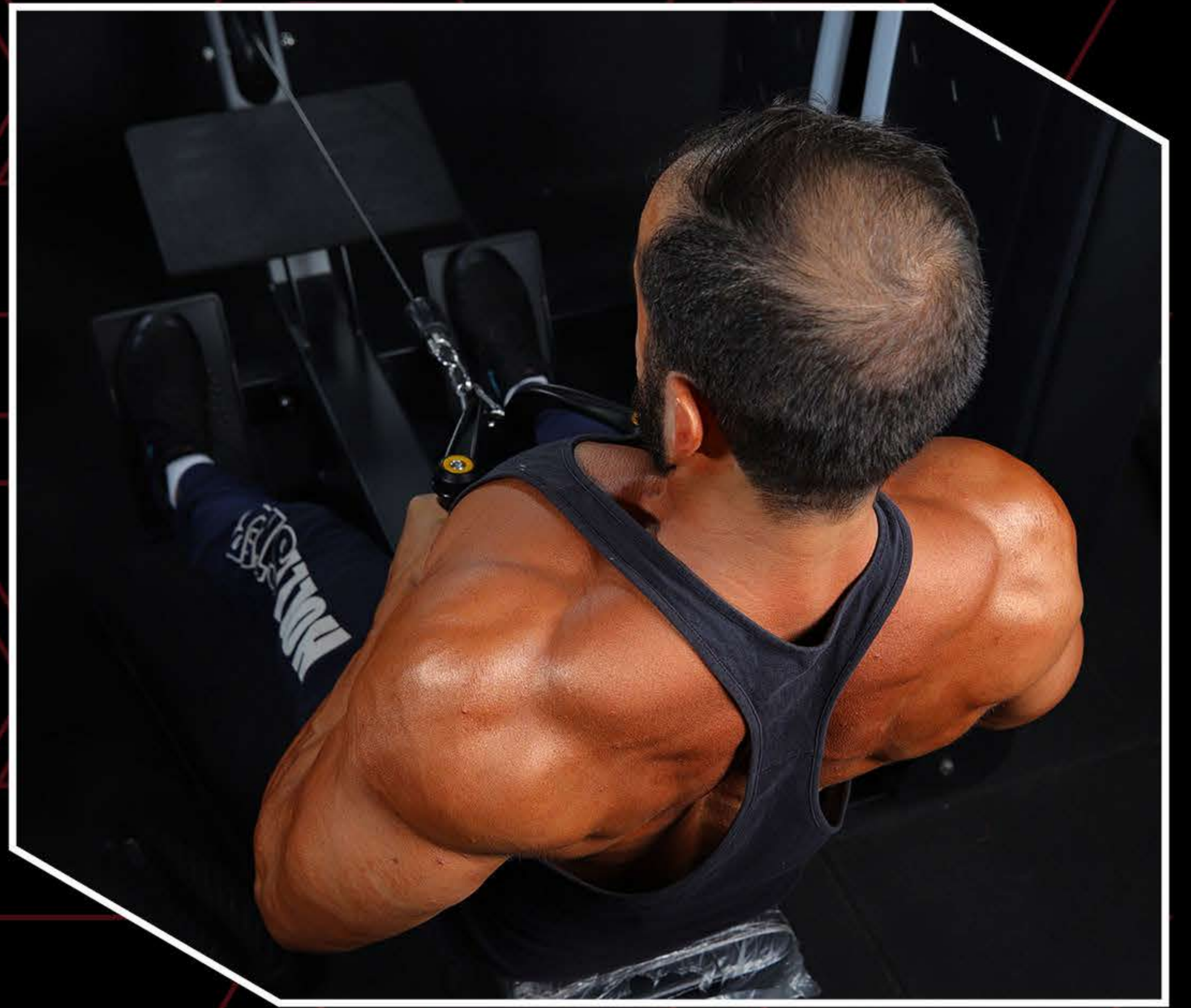
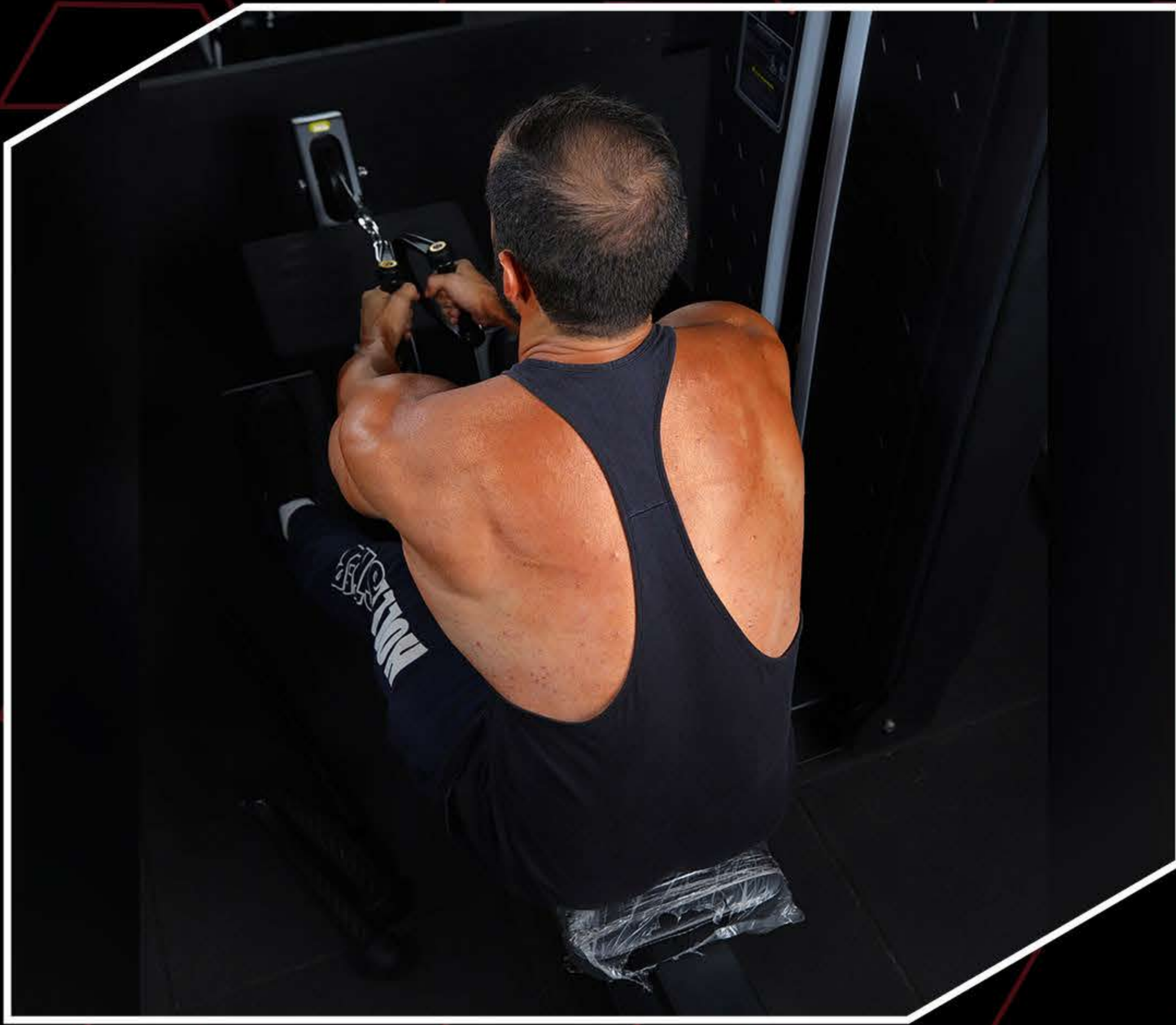
4 SETS FOR 12 REPS

BENT - OVER SINGLE ARM DUMBBELLE ROW



4 SETS FOR 12 REPS

SEATED CABLE ROW



4 SETS FOR 12 REPS

WIDE-GRIP LAT PULL-DOWN



4 SETS FOR 10 REPS

REAR DELT FLY



4 SETS FOR 12 REPS

BRONE UPRIGHT ROW



4 SETS FOR 12 REPS

BARBELL SHRUGS



4 SETS FOR 12 REPS

EZ BAR CURL



4 SETS FOR 10 REPS

DUMBBELL CURL



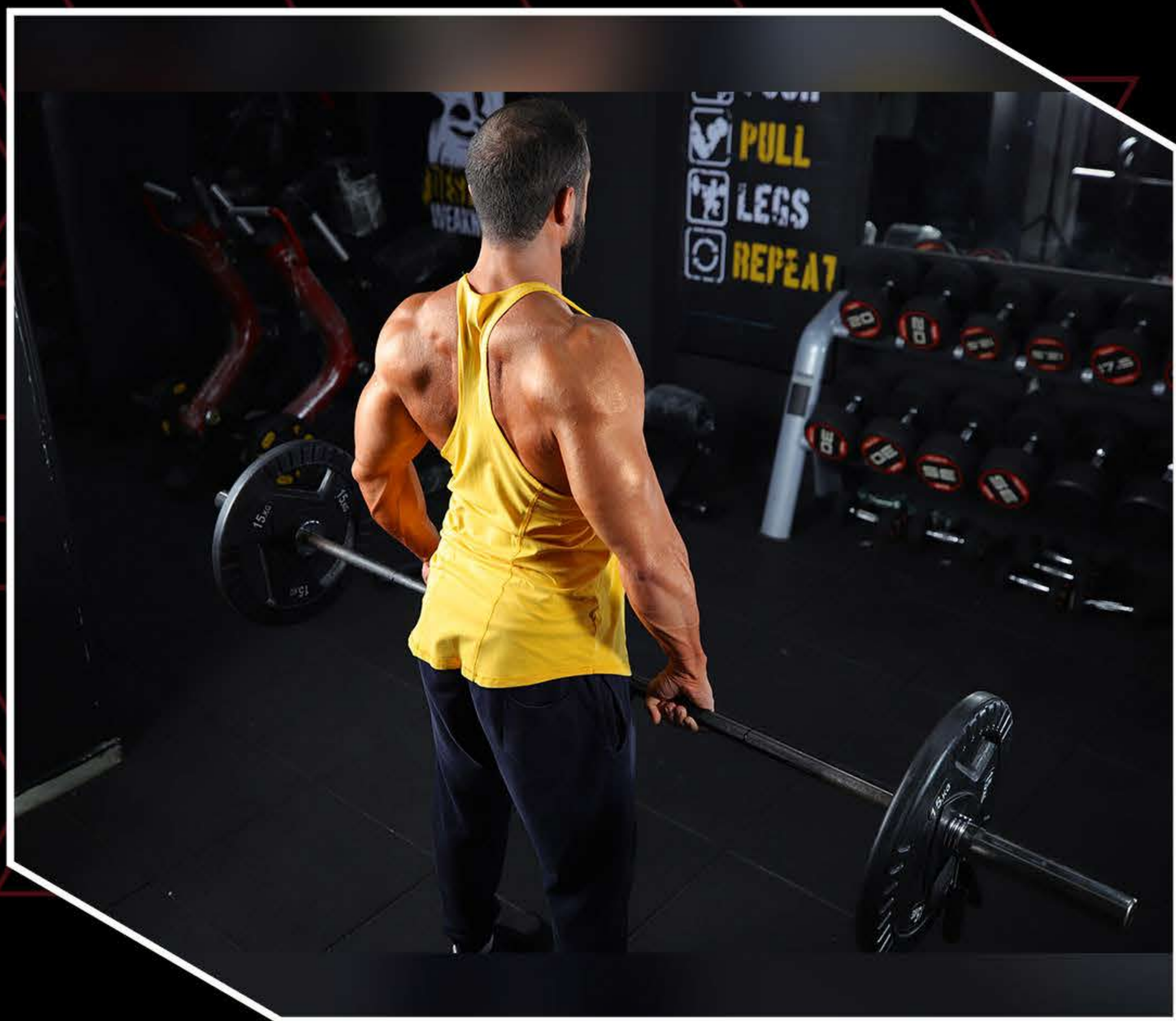
4 SETS FOR 10 REPS

EZ BAR REVERSE CURL



4 SETS FOR 12 REPS

ROMANIAN DEAD LIFT



4 SETS FOR 12 REPS

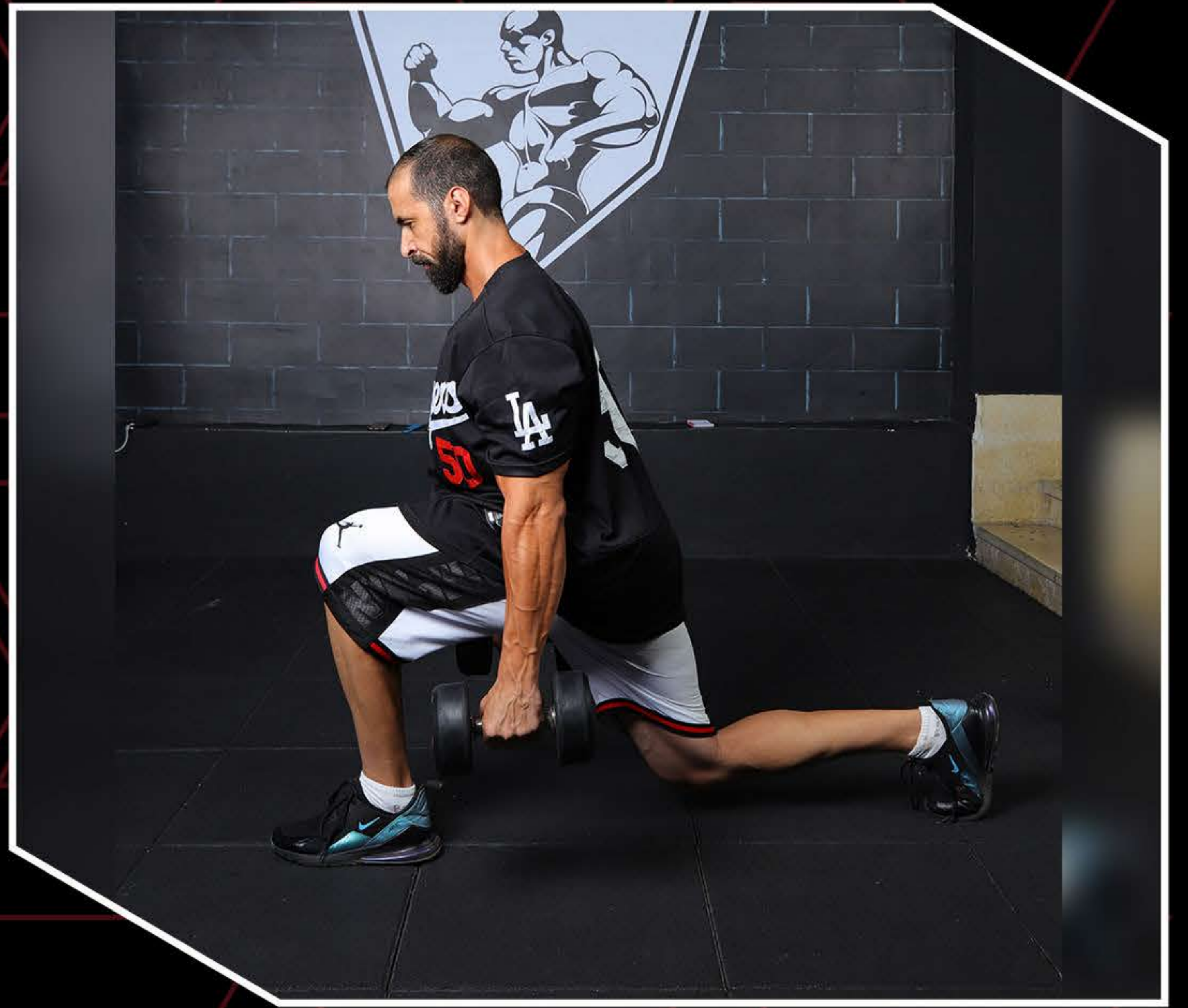
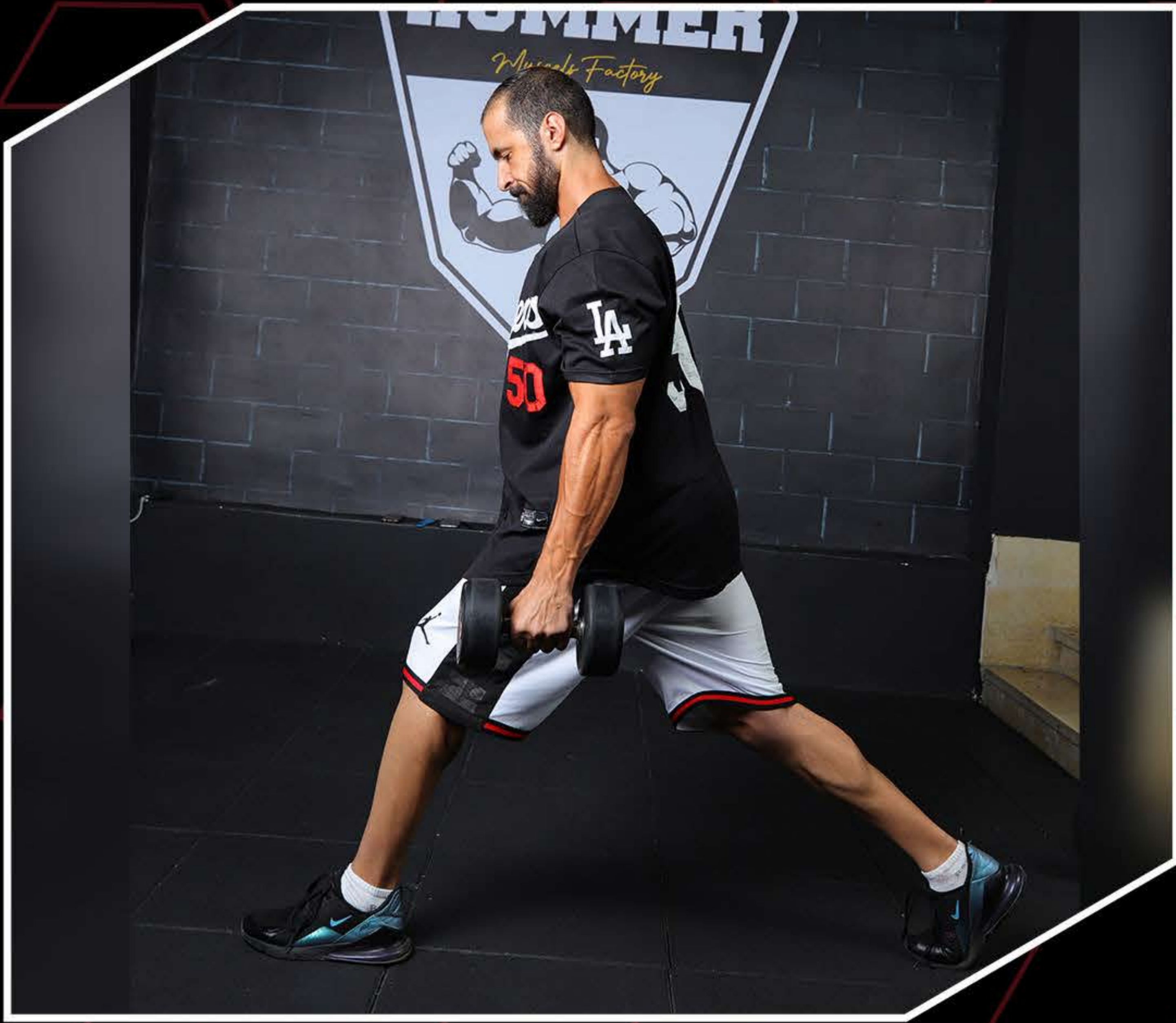
SAFETY SAFETY SAFETY SAFETY
MUSCLE MUSCLE MUSCLE MUSCLE

WEDNESDAY
LEG DAY



SAFETY SAFETY SAFETY SAFETY
MUSCLE MUSCLE MUSCLE MUSCLE

DUMBBELL REAR LUNGE



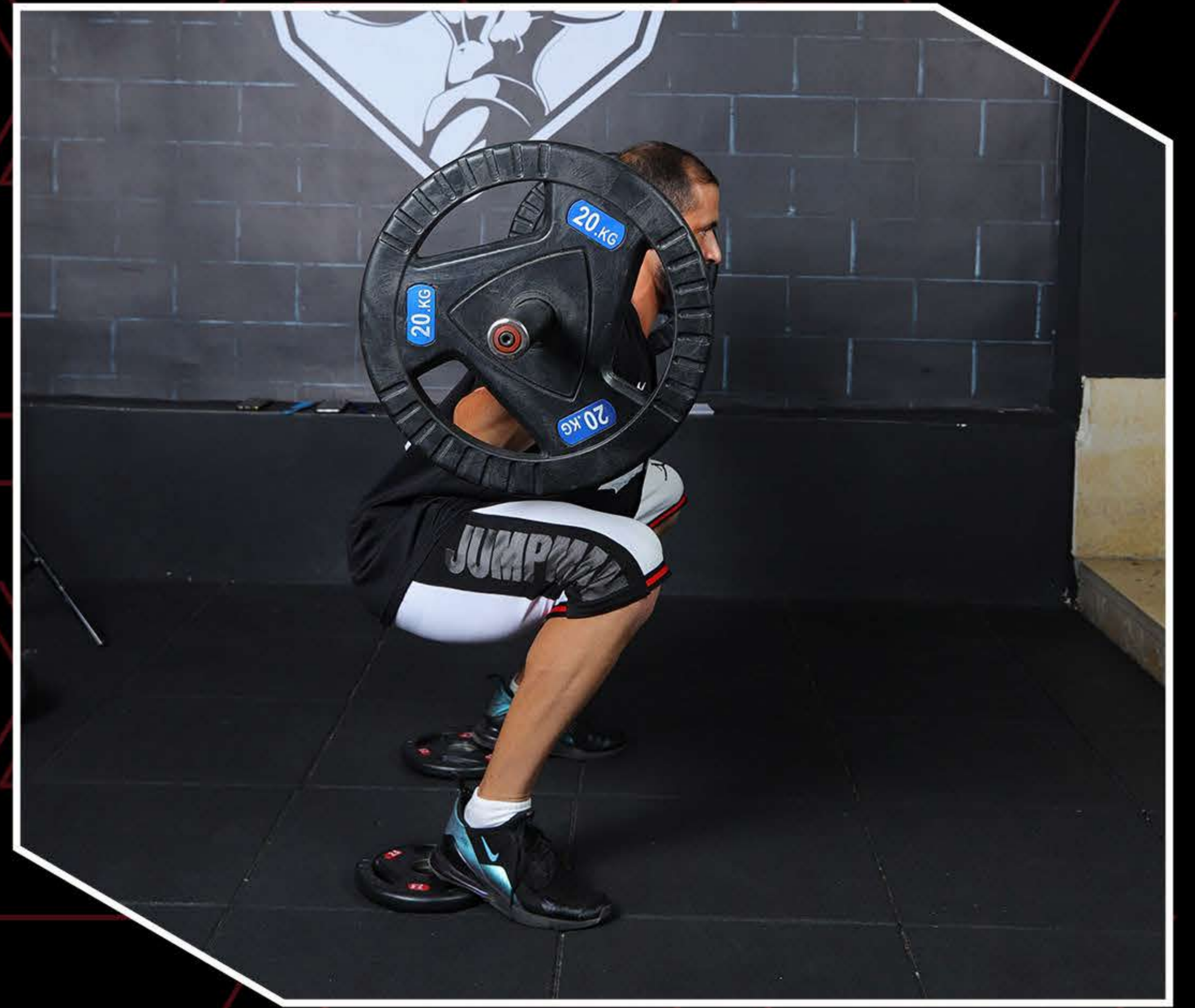
4 SETS FOR 10 REPS

LEG EXTENSION



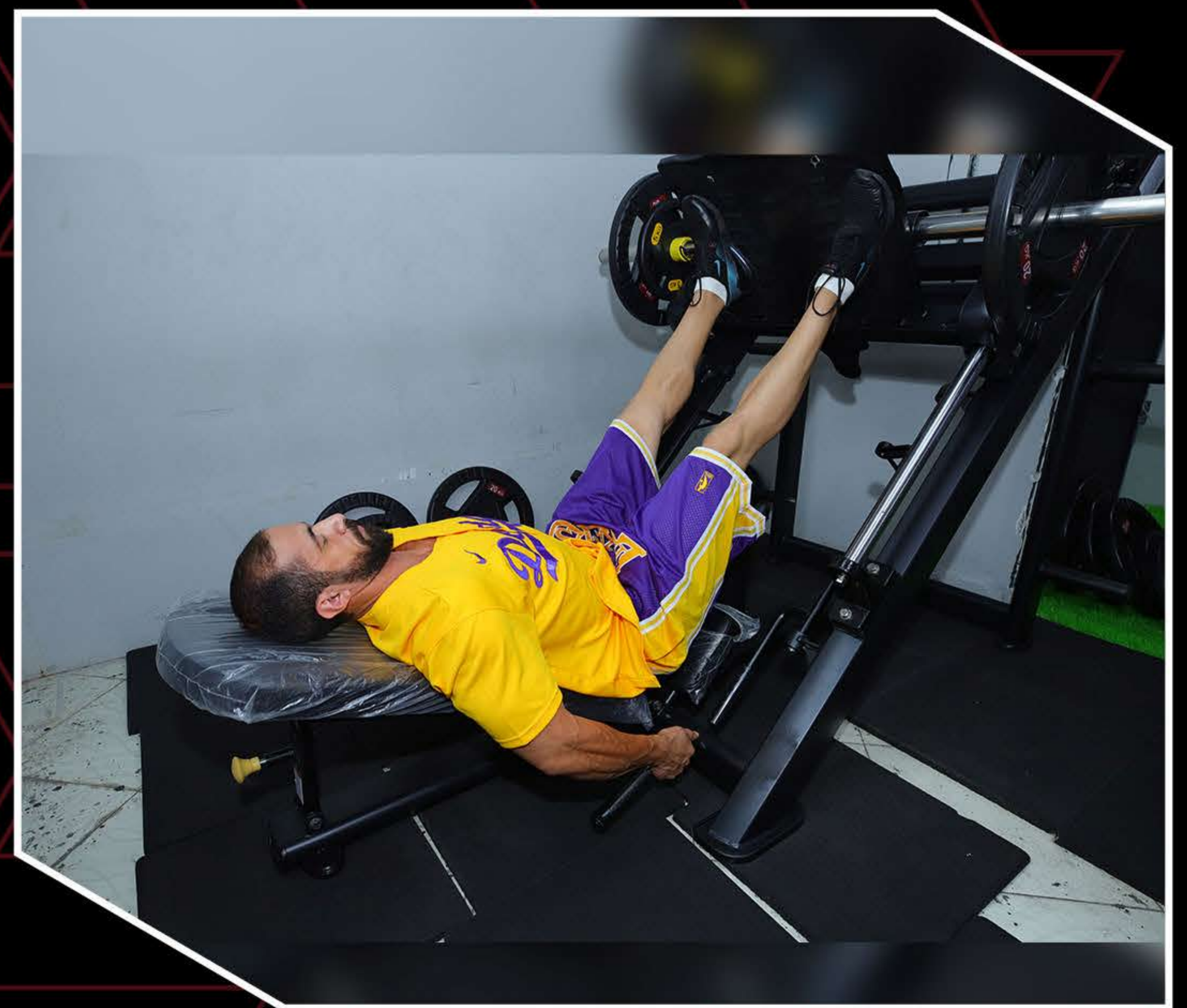
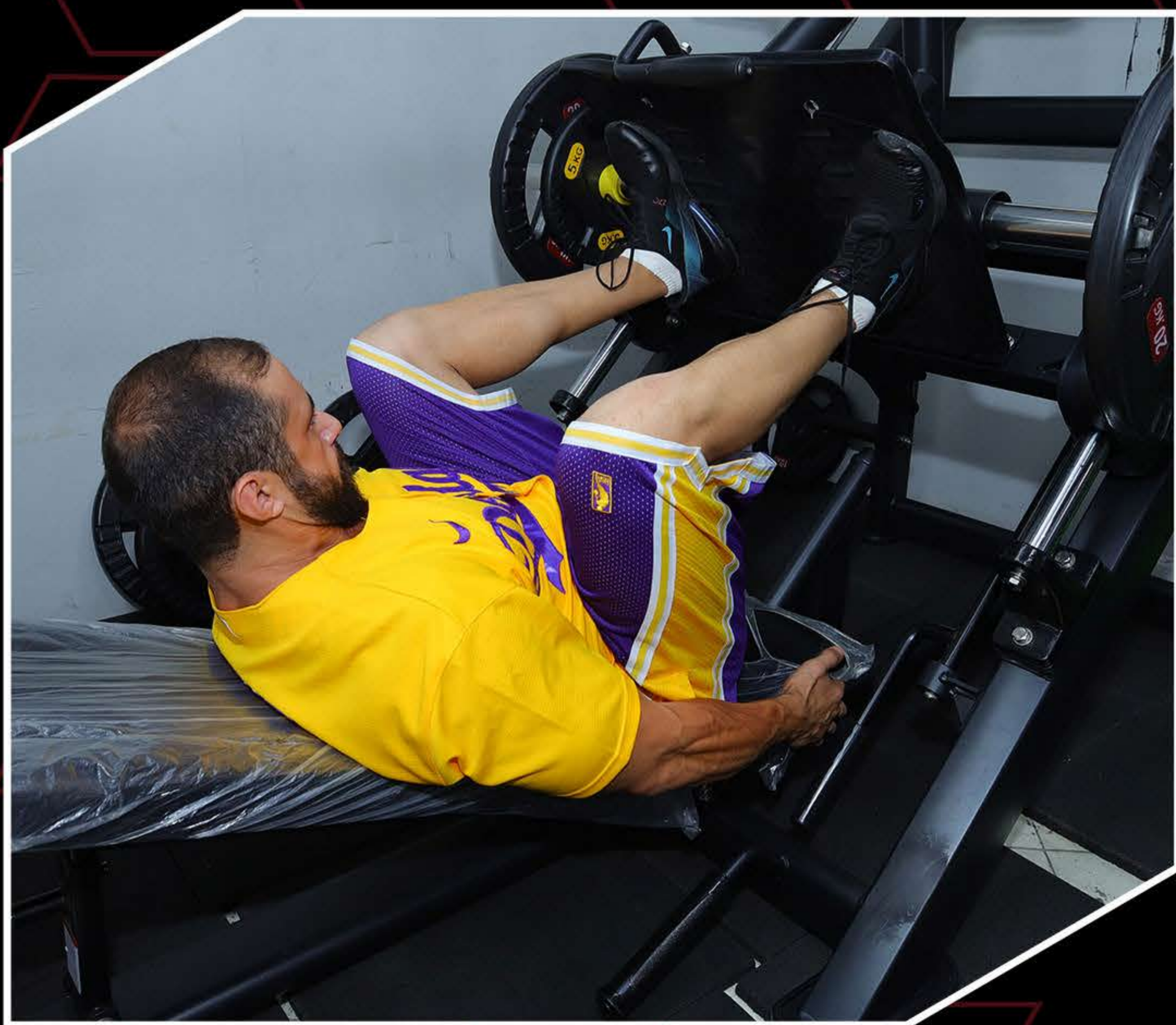
4 SETS FOR 12 REPS

BACK SQUAT



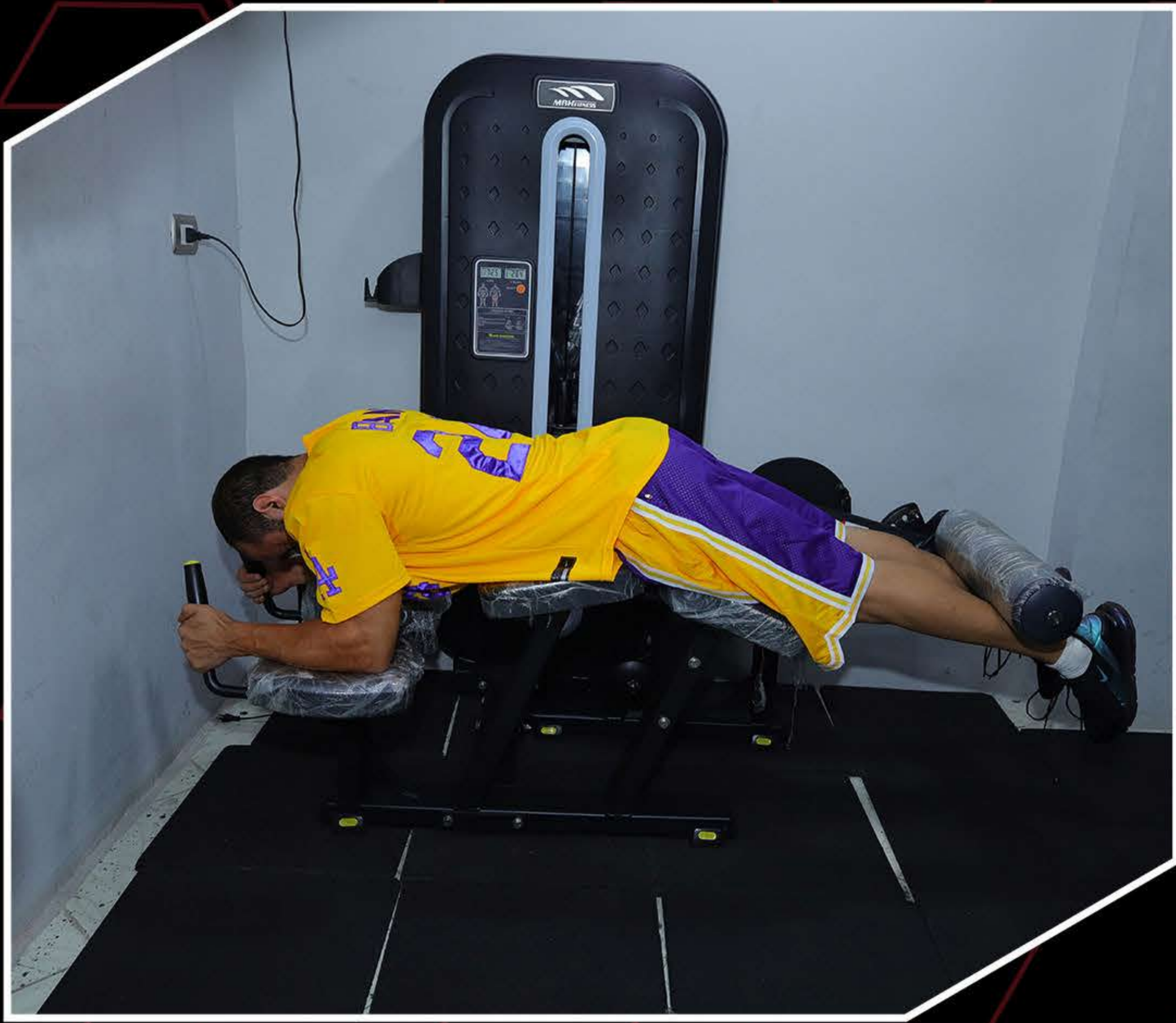
4 SETS FOR 10 REPS

LEG PRESS



4 SETS FOR 12 REPS

LEG CURL



DROP SET
3 SETS FOR 6,8,10 REPS

CALF PRESS



4 SETS FOR 15 REPS

- همنشي علي التمارين دي 4 اسابيع
- ابدأ علي الأوزان تدريجي
- الراحة بين الدور والدور 45 ثانية وبين التشكيلات 60 ثانية
- شرب المياه مهم جدا
- تلعب السبت والأحد والثلاثاء والأربعاء والخميس
- الاثنين والجمعه راحة
- **سوبر سيت**: بتلعب تشكيلة عشر عدات ثم مباشرة بدون راحة
التشكيلة الاخرى عشر عدات
كل ده يعتبر دور واحد وبتكرر الكلام ده 3 أدوار
- **دروب سيت**: تلعب بوزن عالي 6 عدات ثم مباشرة بدون راحة
بوزن اخف 8 عدات ثم مباشرة بدون راحة
بوزن أخف 10 عدات
كل ده يعتبر دور واحد ويتكرر الكلام ده 3 أدوار

Notes

- reaper this exercises for 4 weeks
- Start on weights gradully
- Breaks between sets 45 second and between exercises 60 second
- Drinking water is very critical
- play this workouts sat , sun , then take a break and play tues , wed and thur then take fri break
- **Super set** : play first exercises 10 sets then without break
play second exercises 10 sets too
all of this considered one set and reapeat this 3 sets
- **Drop set** : play with heavy weight 6 sets then without break
with low weight 8 set then
with lighter 10 sets
all of this considered one set and reapeat this 3 sets