

**FREE**



# POWER OF TRAINING

**EBOOK**



**SAFETY SAFETY SAFETY SAFETY**  
MUSCLE MUSCLE MUSCLE MUSCLE

# CORE EXERCISE

**SAFETY SAFETY SAFETY SAFETY**  
MUSCLE MUSCLE MUSCLE MUSCLE

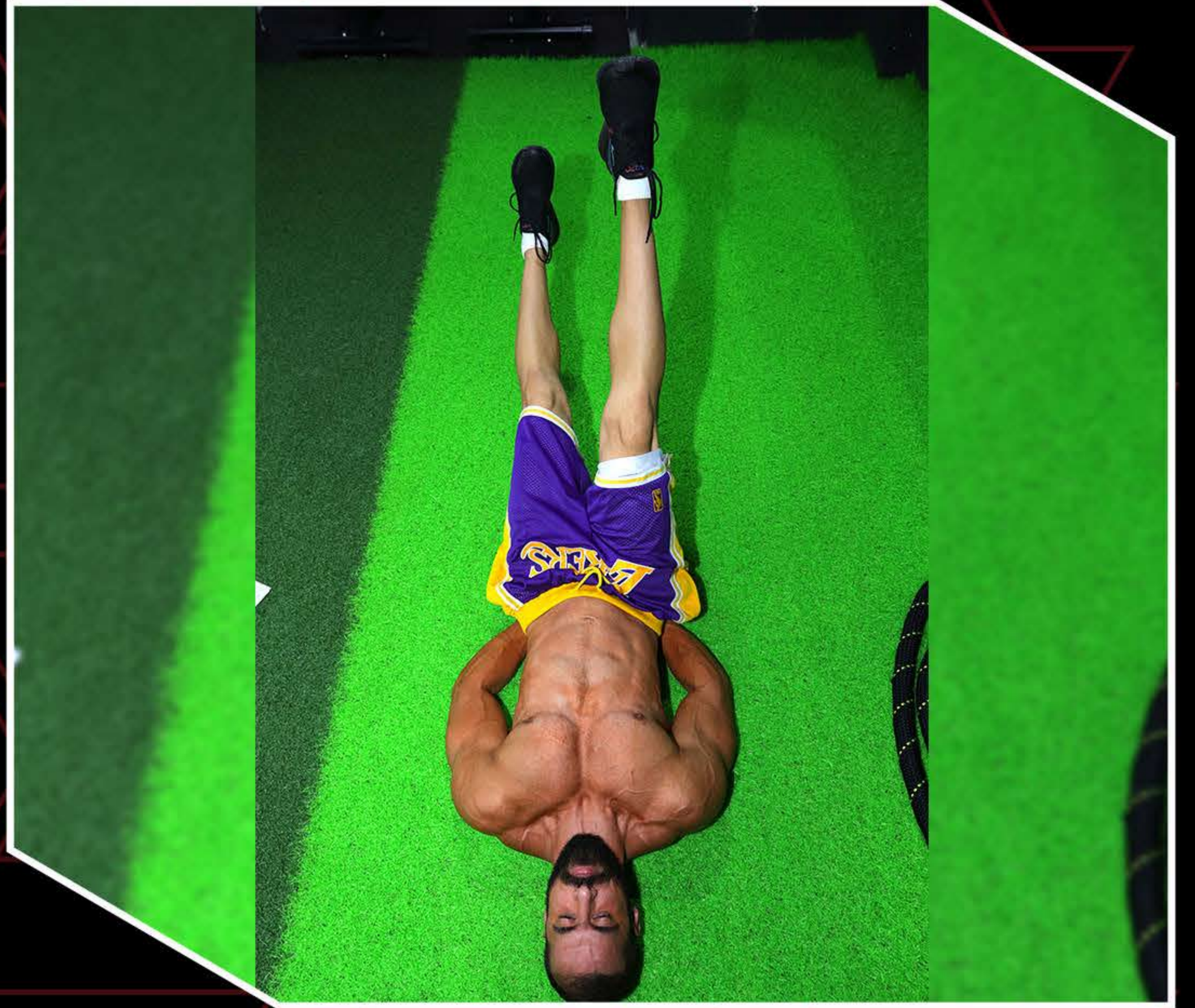
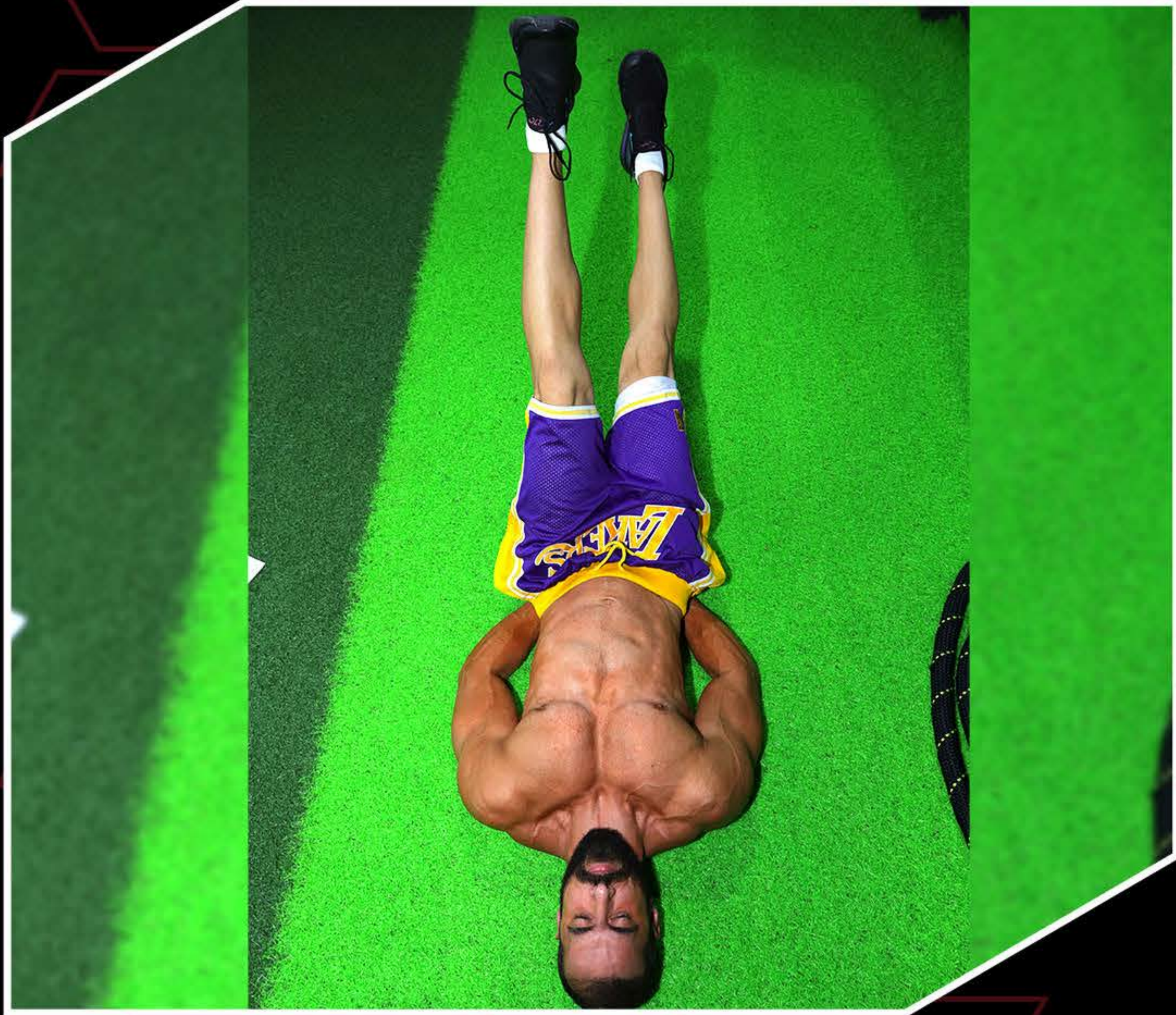
**SAFETY SAFETY SAFETY SAFETY**  
MUSCLE MUSCLE MUSCLE MUSCLE

**FIRST WEEK CORE EXERCISE**



**SAFETY SAFETY SAFETY SAFETY**  
MUSCLE MUSCLE MUSCLE MUSCLE

# LEG RAISES

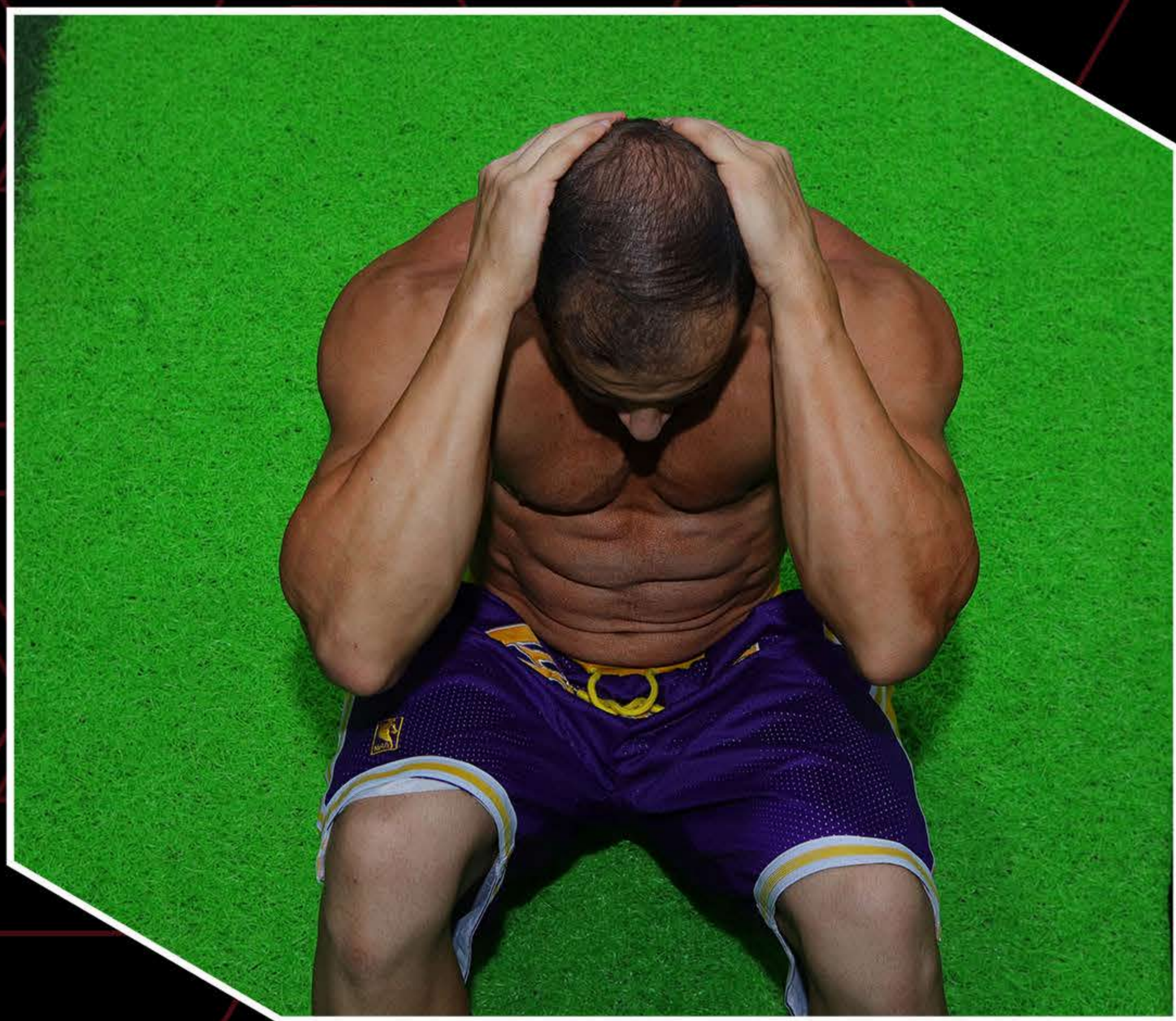


# WEIGHTED RUSSIAN TWIST



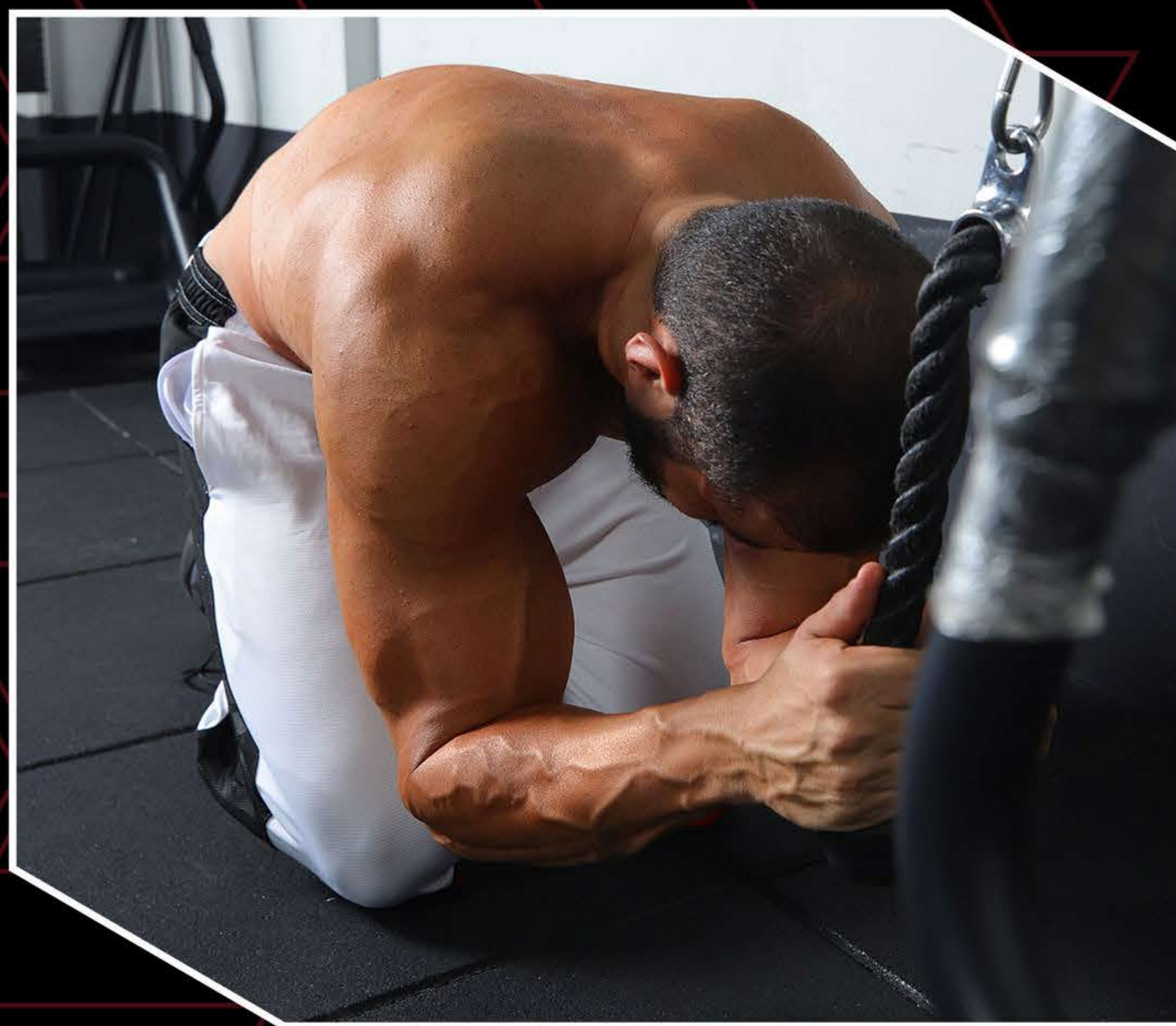
**SUPER SET  
4 SETS FOR 10 REPS**

## ABDOMINAL CRUNCHES



**4 SETS FOR 15 REPS**

## KNEELING CABLE CRUNCHES



**4 SETS FOR 20 REPS**

## HANGING LEG RAISE



**3 SETS FOR 15 REPS**

## FRONT PLANK



**3 SETS FOR 1 MINUTE**

# ملاحظات

- هـنمشي علي التمرين 12 أسبوع

-الراحة بين الدور والدور 45 ثانية وبين التشكيلات 60 ثانية

- يتم تقسيم الملف مع عضلة الصدر و عضلة الكتف

- **سوبر سيت**: بتلعب تشكيلة عشر عدات ثم مباشرة بدون راحة

التشكيلة الاخرى عشر عدات

كل ده يعتبر دور واحد وبتكرر الكلام ده 3 أدوار

## Notes

- We will follow the exercise for 12 weeks
- Breaks between sets 45 second and between exercises 60 second
- The file is divided with the chest muscle and the shoulder
- **Super set**: play first exercises 10 sets then without break play second exercises 10 sets too all of this considered one set and repeat this 3 sets