

FREE



POWER OF TRAINING

EBOOK



SAFETY SAFETY SAFETY SAFETY
MUSCLE MUSCLE MUSCLE MUSCLE

ARNOLD SPLIT

SAFETY SAFETY SAFETY SAFETY
MUSCLE MUSCLE MUSCLE MUSCLE

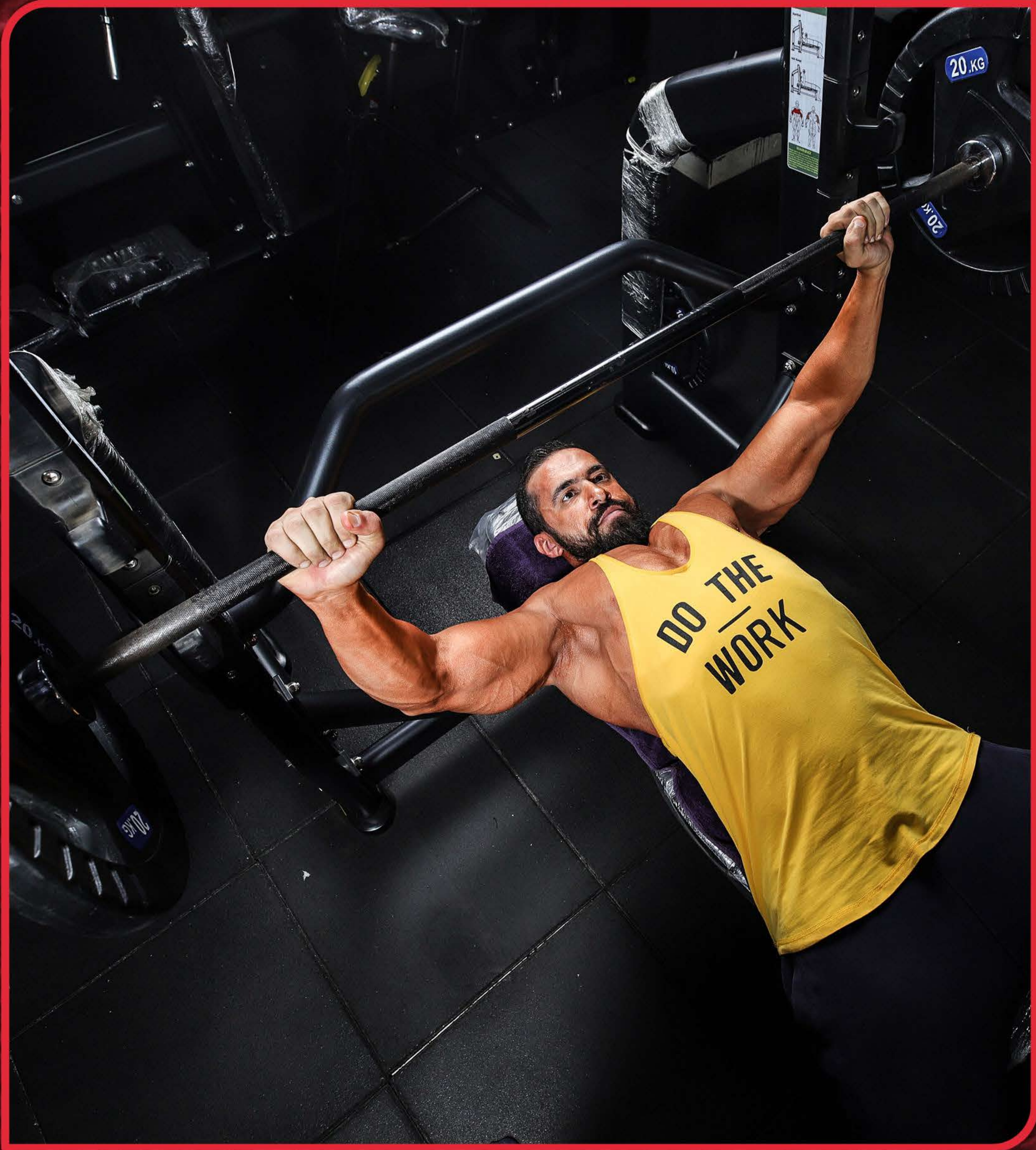
FIRST WEEK PLAN



WORK HARD
PLAY HARD

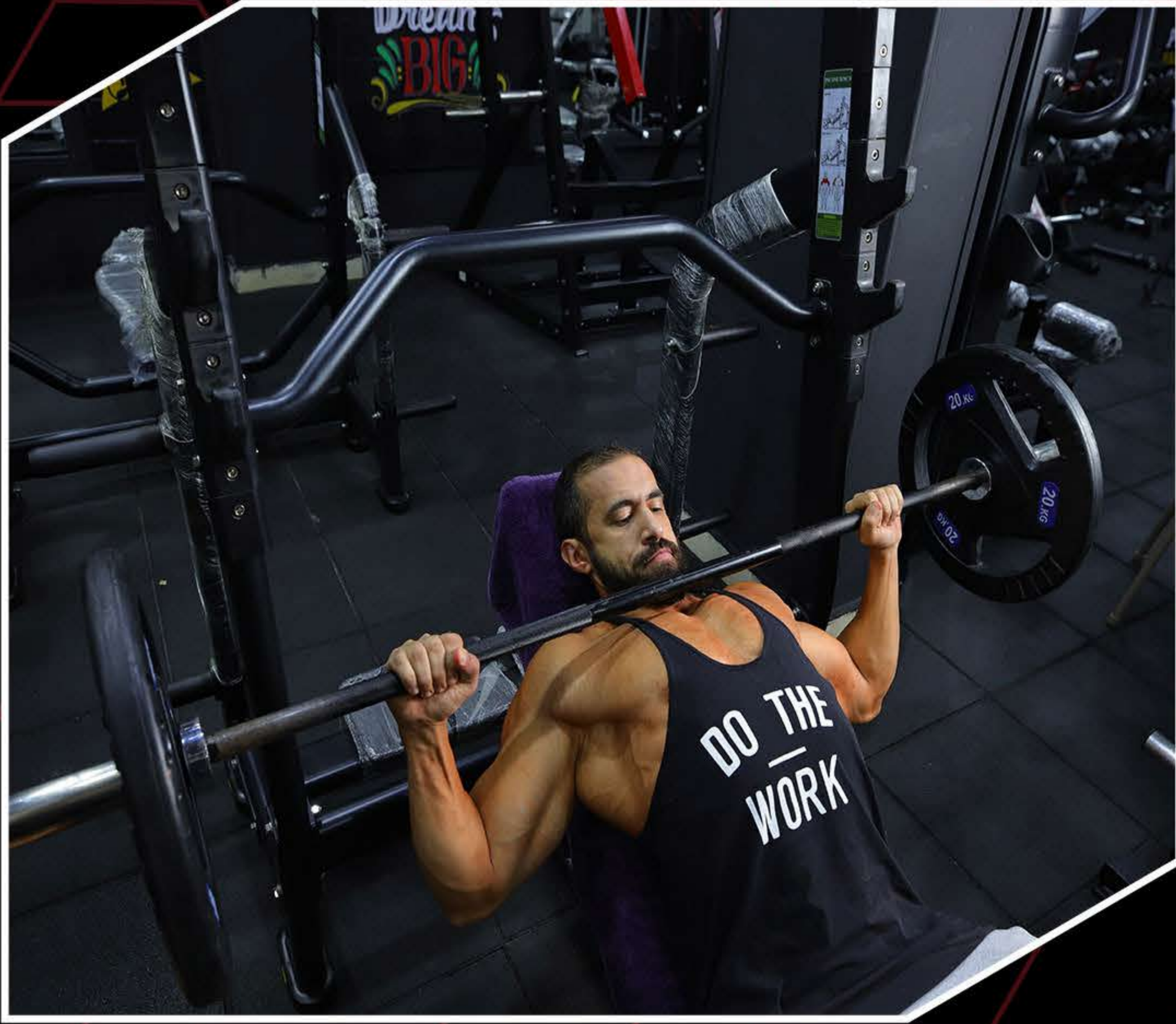
SAFETY SAFETY SAFETY SAFETY
MUSCLE MUSCLE MUSCLE MUSCLE

TUESDAY
CHEST & BACK DAY



SAFETY SAFETY SAFETY SAFETY
MUSCLE MUSCLE MUSCLE MUSCLE

INCLINE BENCH PRESS BAR BELL



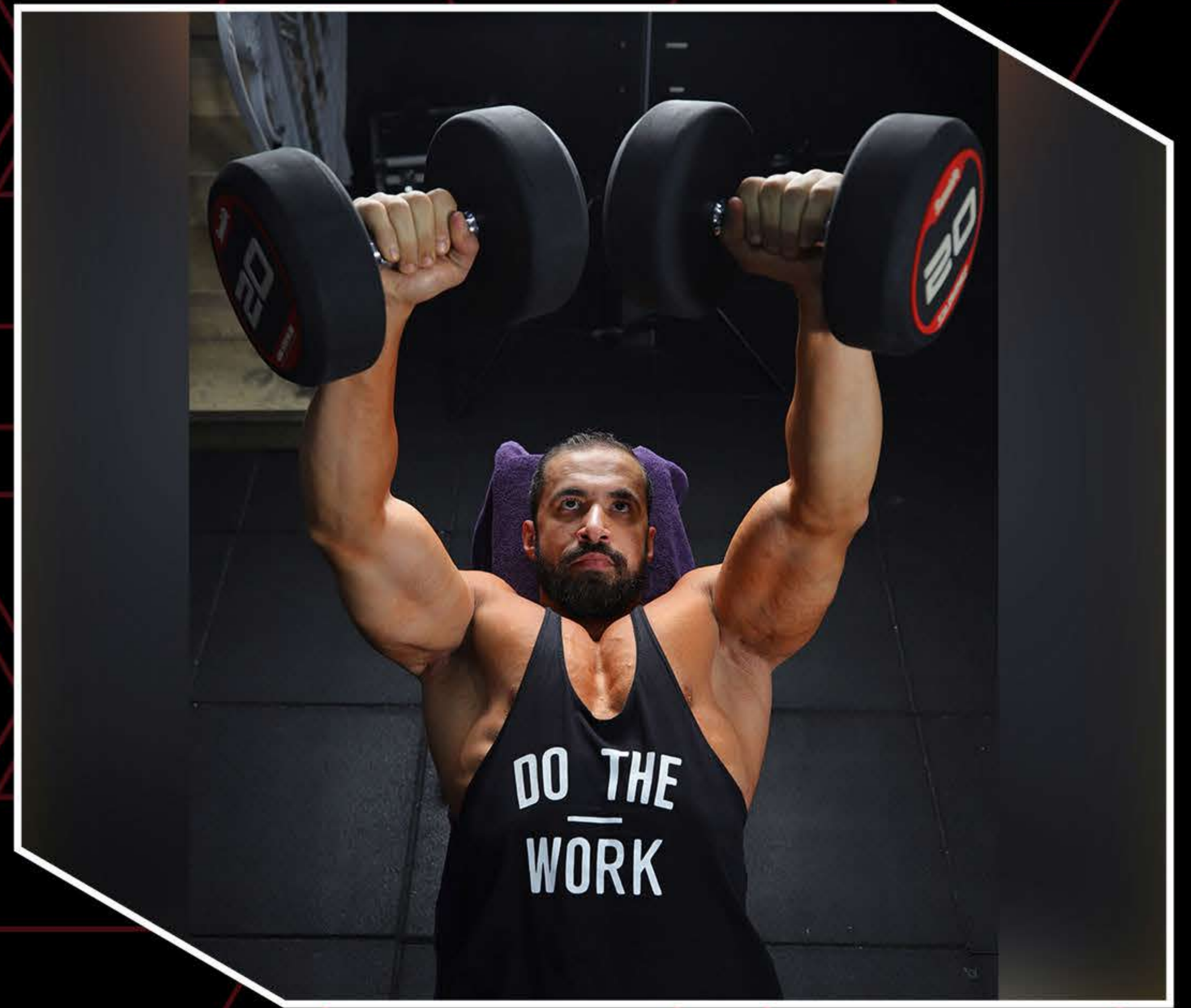
4 SETS FOR 10 REPS

BENT - OVER SINGLE ARM DUMBBELLE ROW



4 SETS FOR 12 REPS

INCLINE DUMBBELLE BENCH PRESS



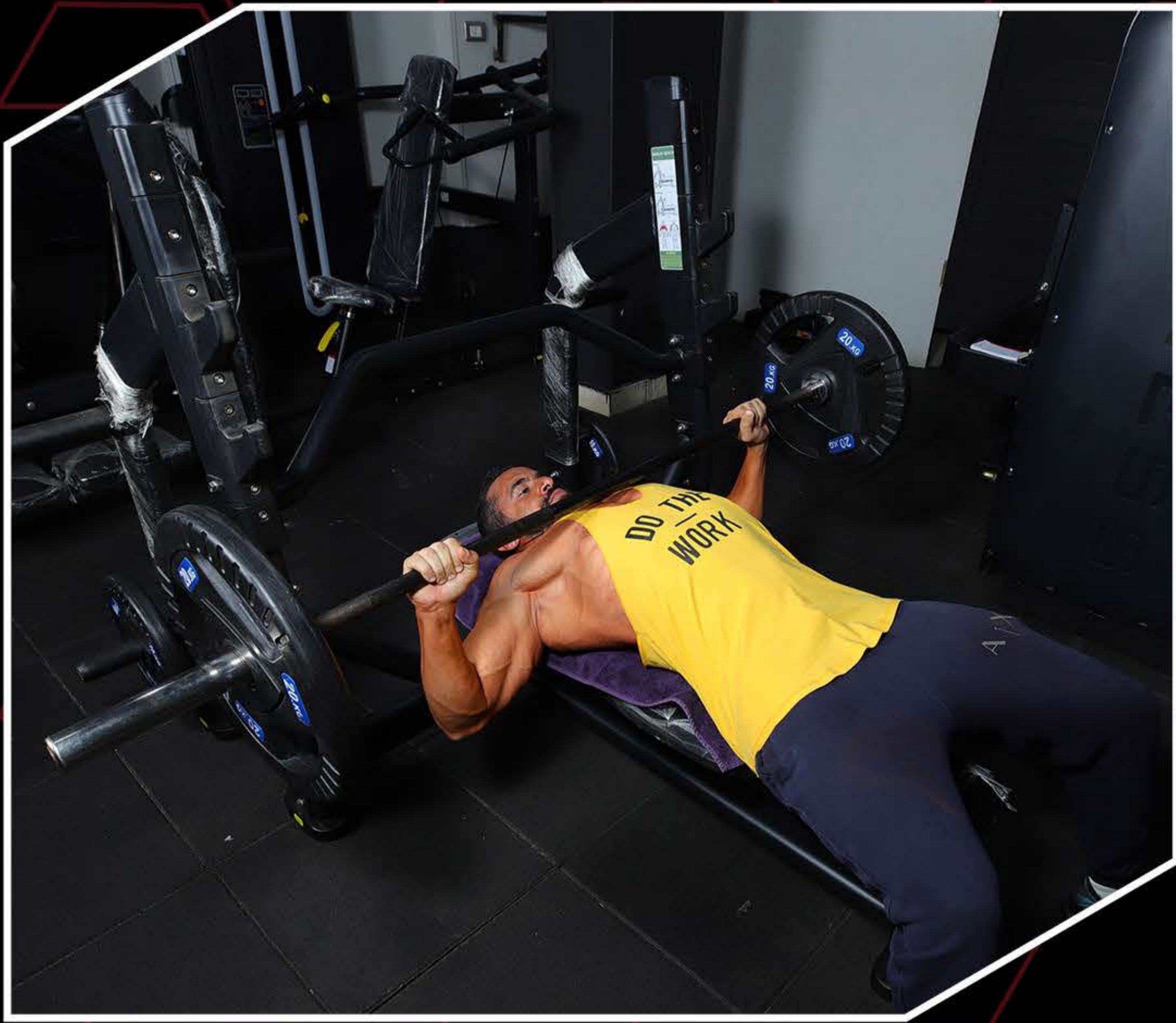
4 SETS FOR 10 REPS

BARBELL BENT OVER ROW



4 SETS FOR 12 REPS

FLAT BENCH PRESS BAR BELL



4 SETS FOR 10 REPS

WIDE-GRIP LAT PULL-DOWN



4 SETS FOR 10 REPS

STANDING CABLE FLY



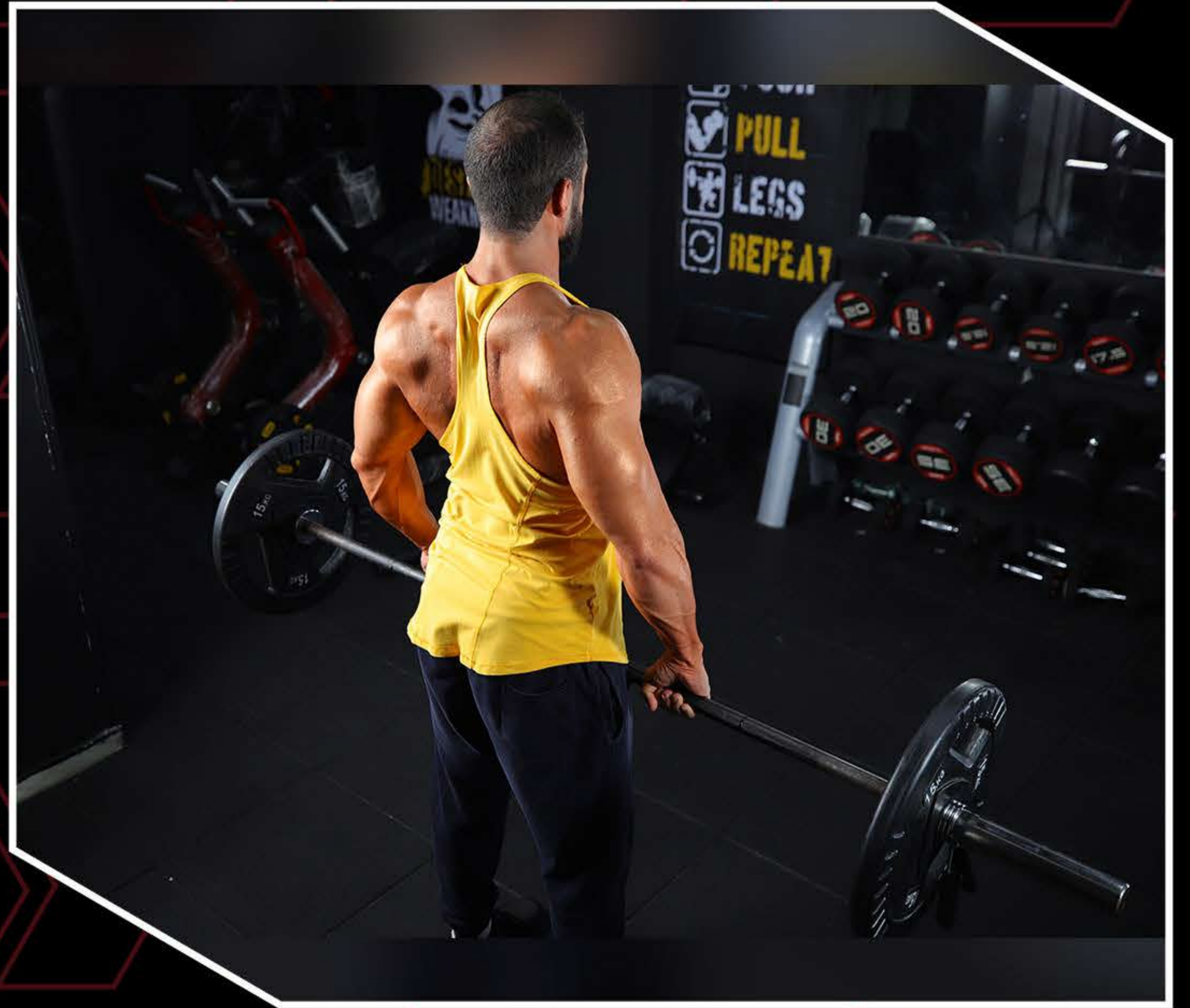
**3 SETS
(6 HIGH 6 MED 6 LOW)**

REVERSE-GRIP LAT PULL-DOWN



4 SETS FOR 10 REPS

ROMANIAN DEAD LIFT



4 SETS FOR 12 REPS

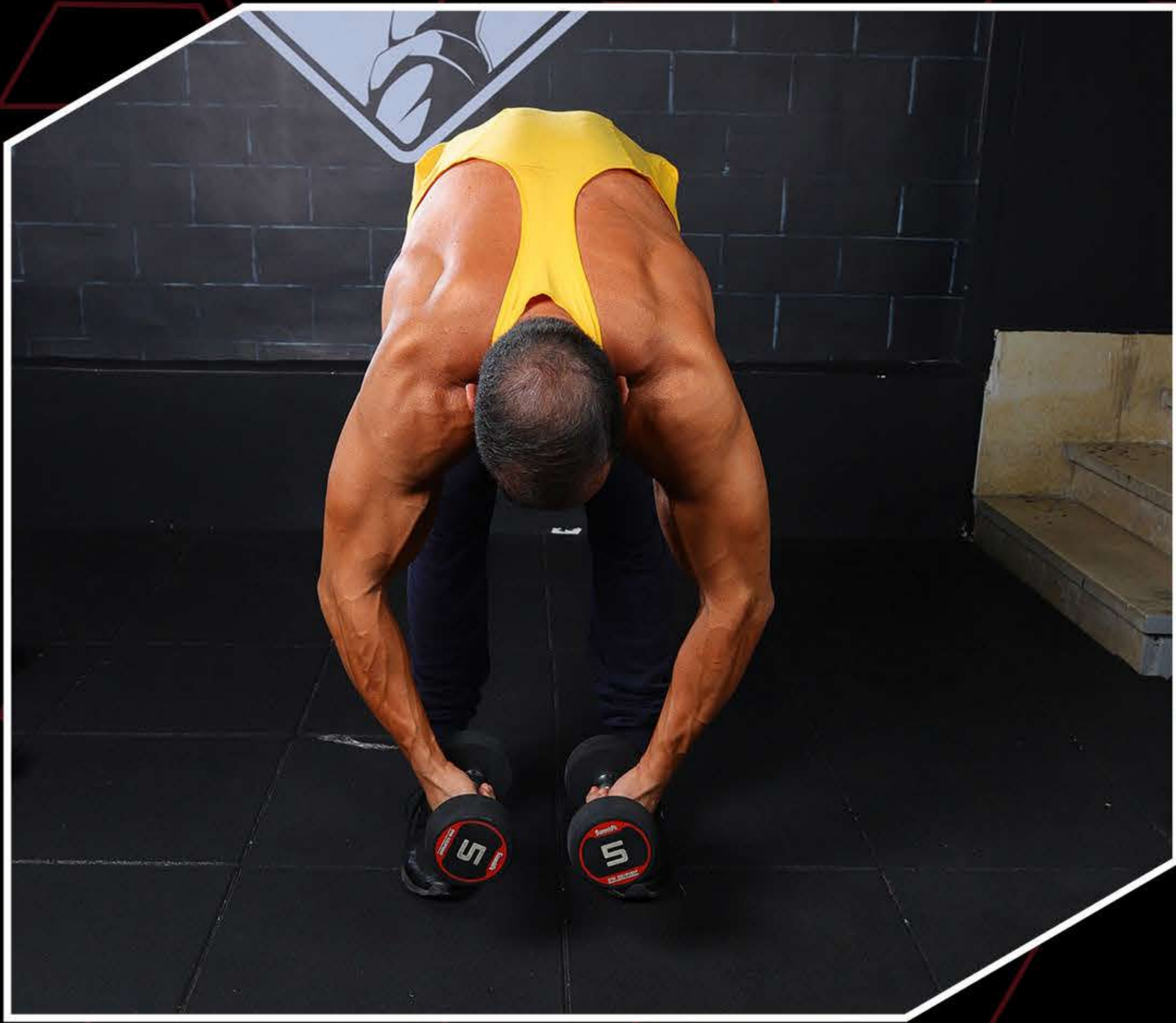
SAFETY SAFETY SAFETY SAFETY
MUSCLE MUSCLE MUSCLE MUSCLE

SUNDAY SHOULDER



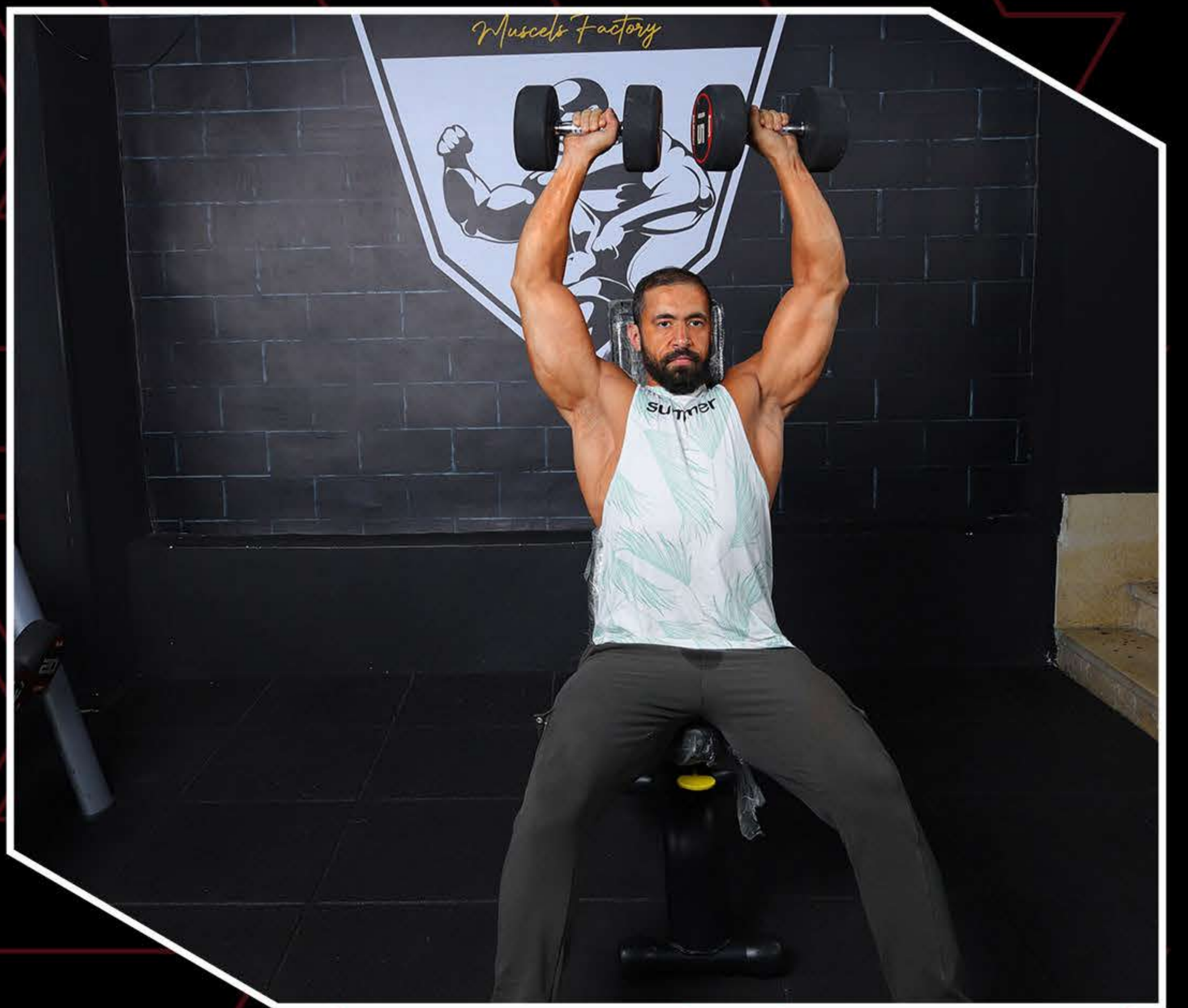
SAFETY SAFETY SAFETY SAFETY
MUSCLE MUSCLE MUSCLE MUSCLE

REAR DELT FLY



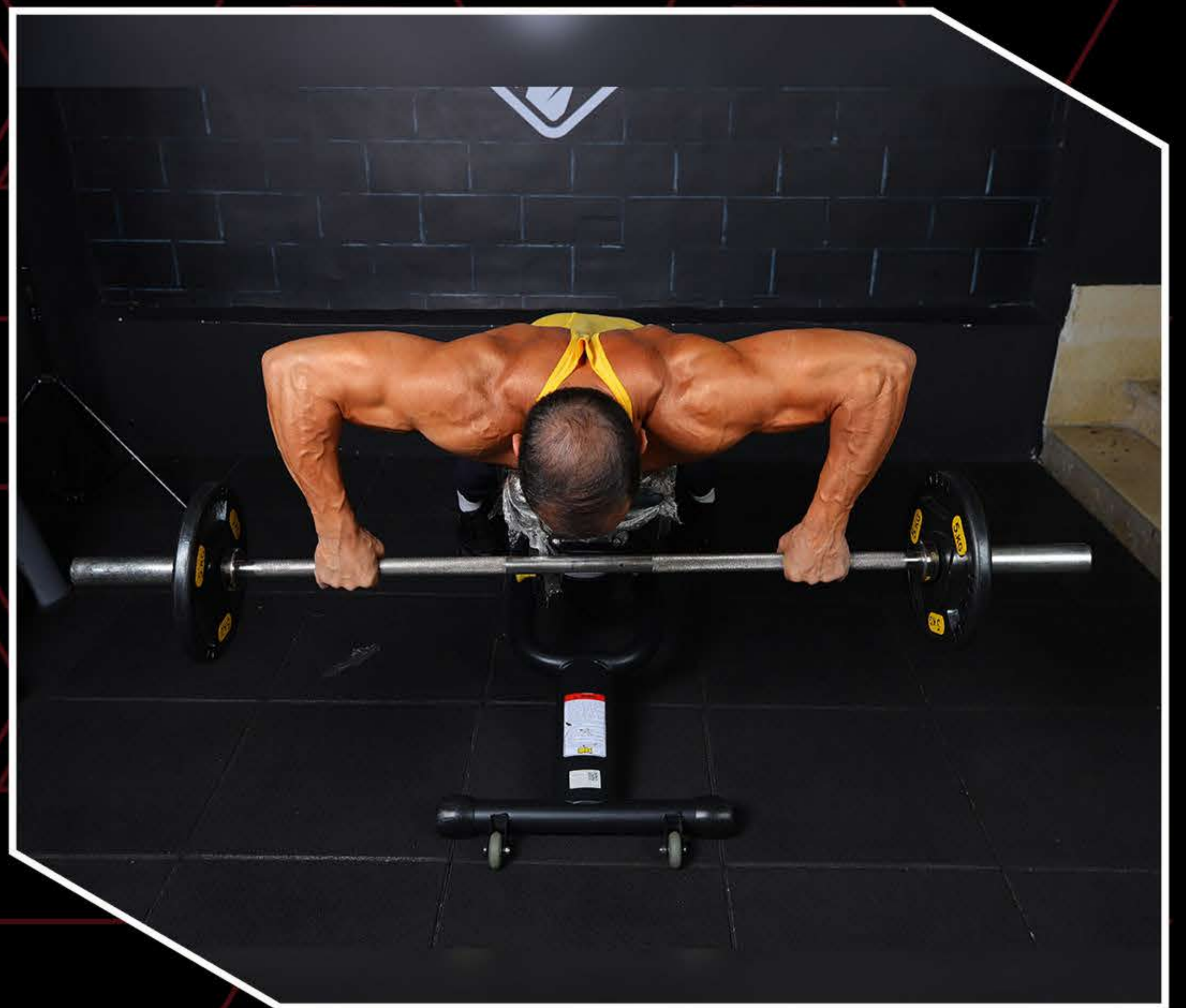
4 SETS FOR 10 REPS

DUMBBELL OVERHEAD PRESS



4 SETS FOR 10 REPS

BRONE UPRIGHT ROW



4 SETS FOR 10 REPS

DUMBBELL LATERAL RAISE



DROP SET
4 SETS FOR 6,8,10 REPS

DUMBBELL FRONT RAISE



4 SETS FOR 12 REPS

CABLE REAR DRIVE



4 SETS FOR 12 REPS

BARBELL OVERHEAD PRESS



4 SETS FOR 10 REPS

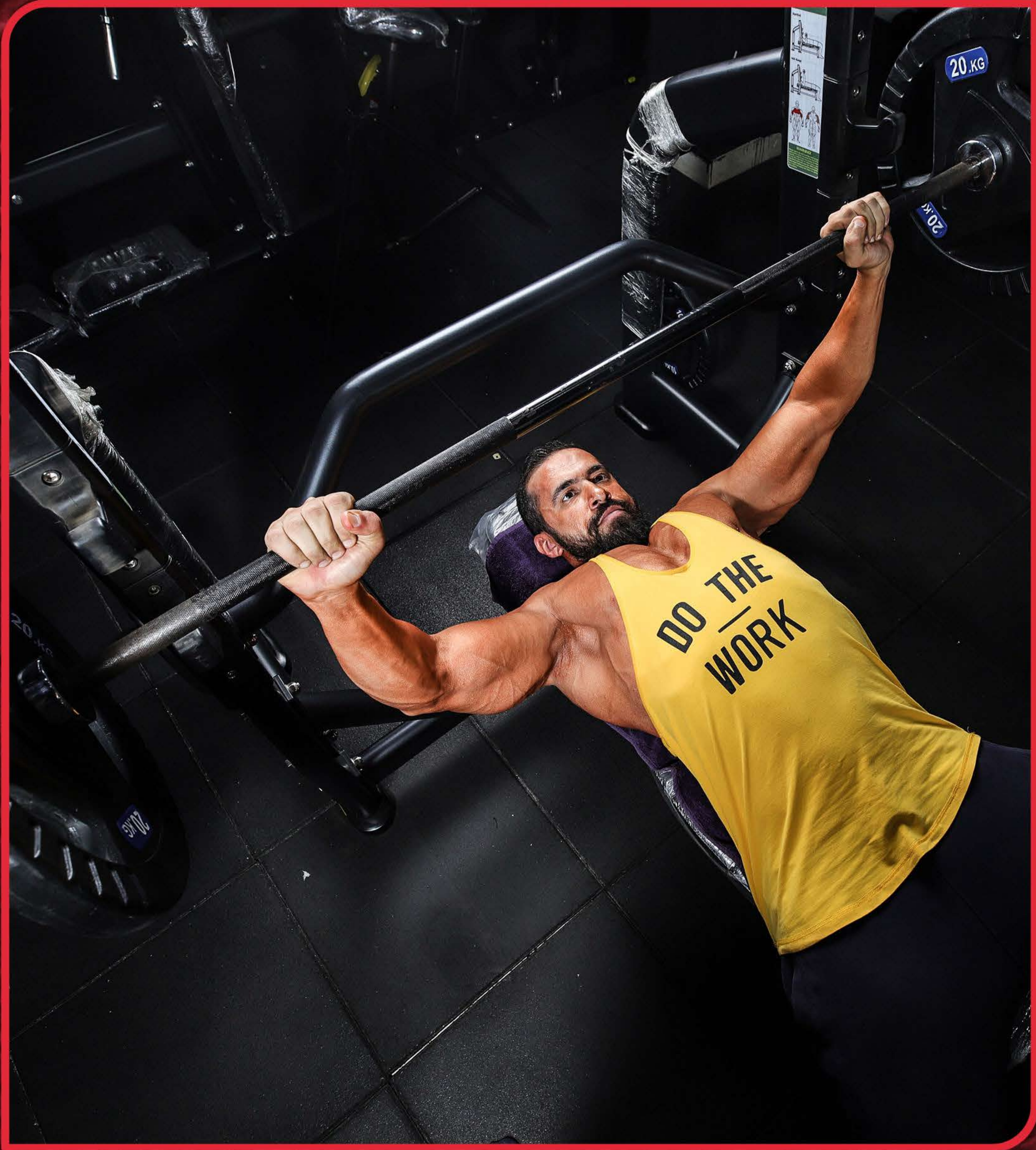
DUMBBELL SHRUG



4 SETS FOR 12 REPS

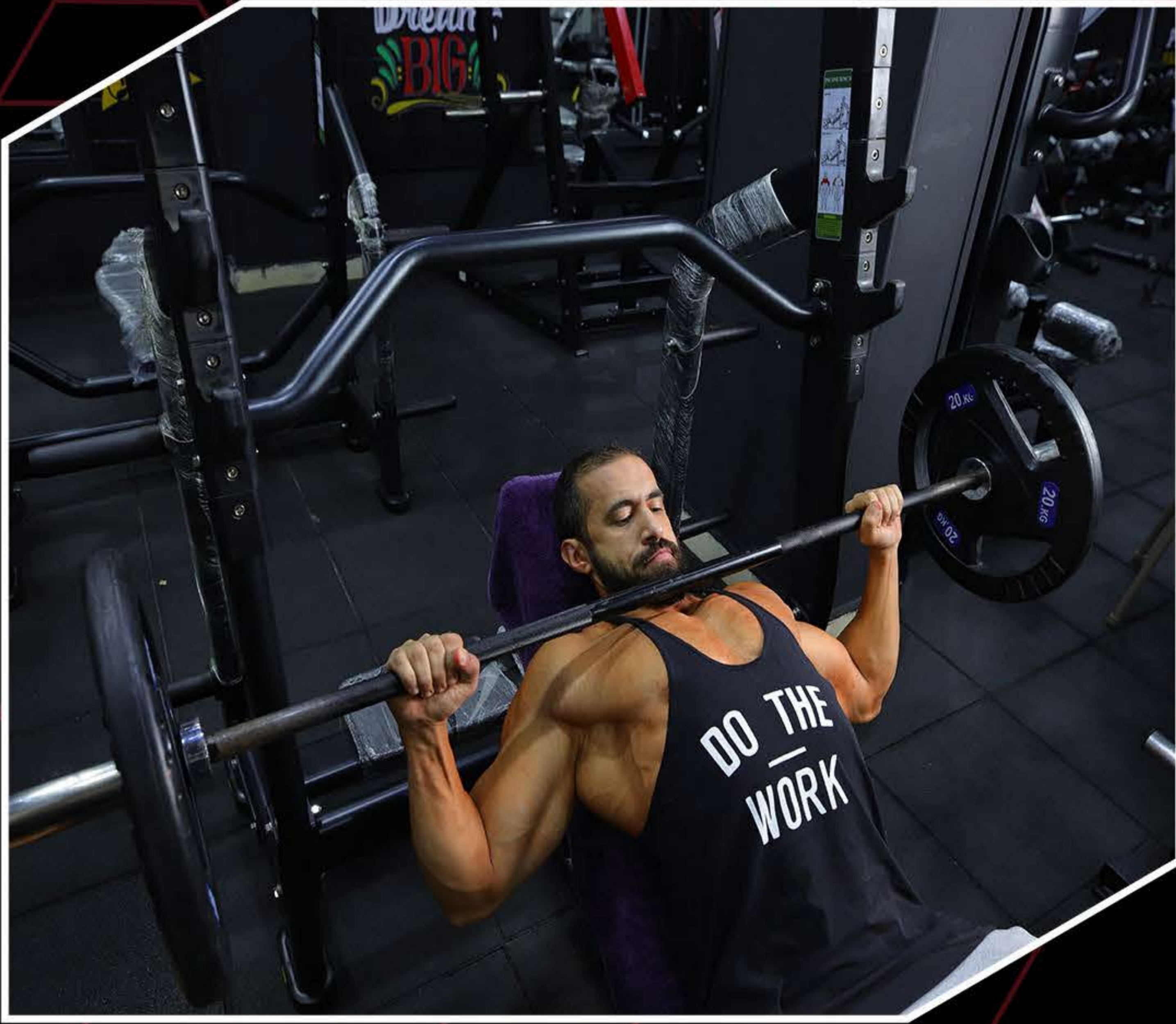
SAFETY SAFETY SAFETY SAFETY
MUSCLE MUSCLE MUSCLE MUSCLE

TUESDAY
CHEST & BACK DAY



SAFETY SAFETY SAFETY SAFETY
MUSCLE MUSCLE MUSCLE MUSCLE

INCLINE BENCH PRESS BAR BELL



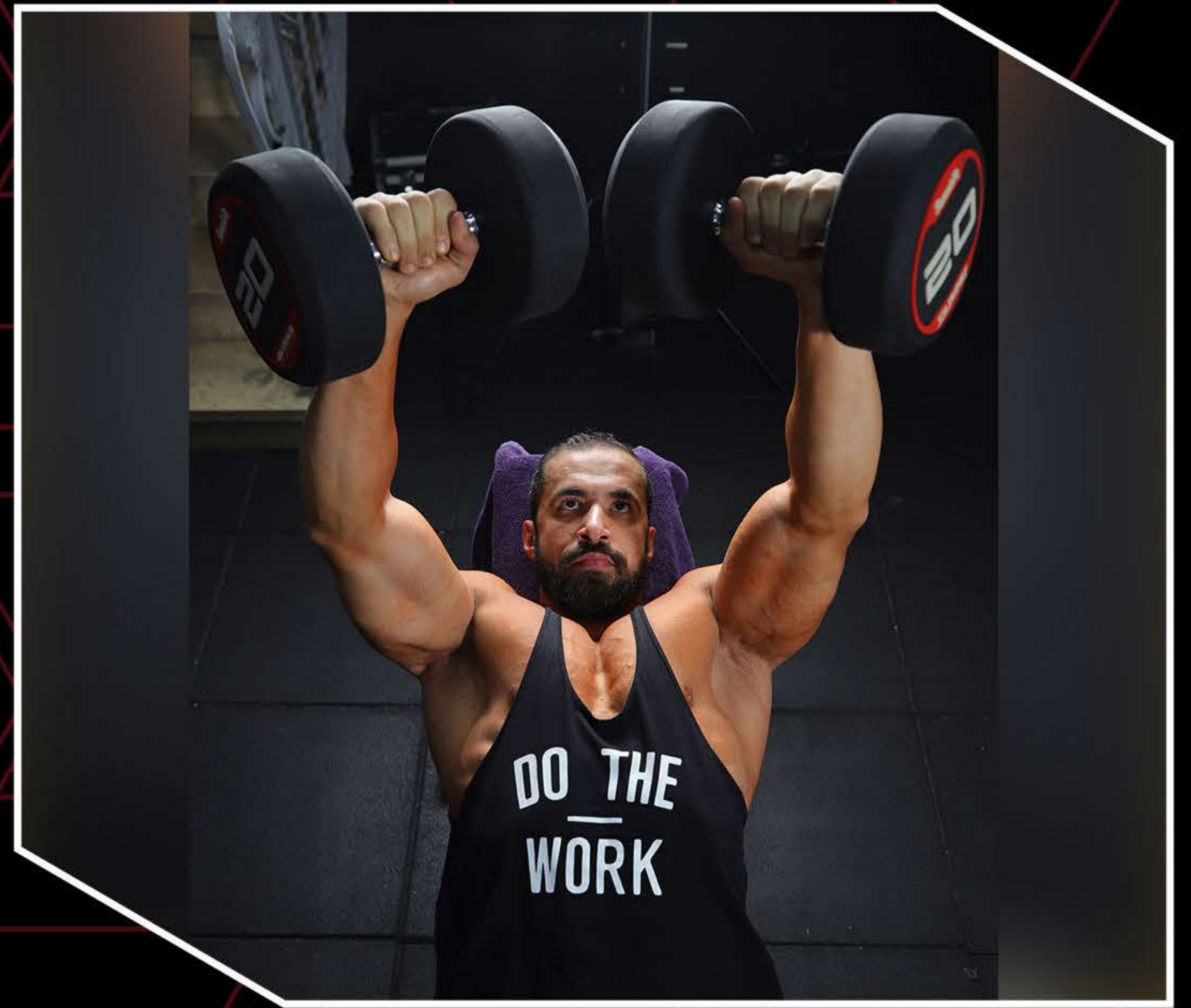
4 SETS FOR 10 REPS

BENT - OVER SINGLE ARM DUMBBELLE ROW



4 SETS FOR 12 REPS

INCLINE DUMBBELLE BENCH PRESS



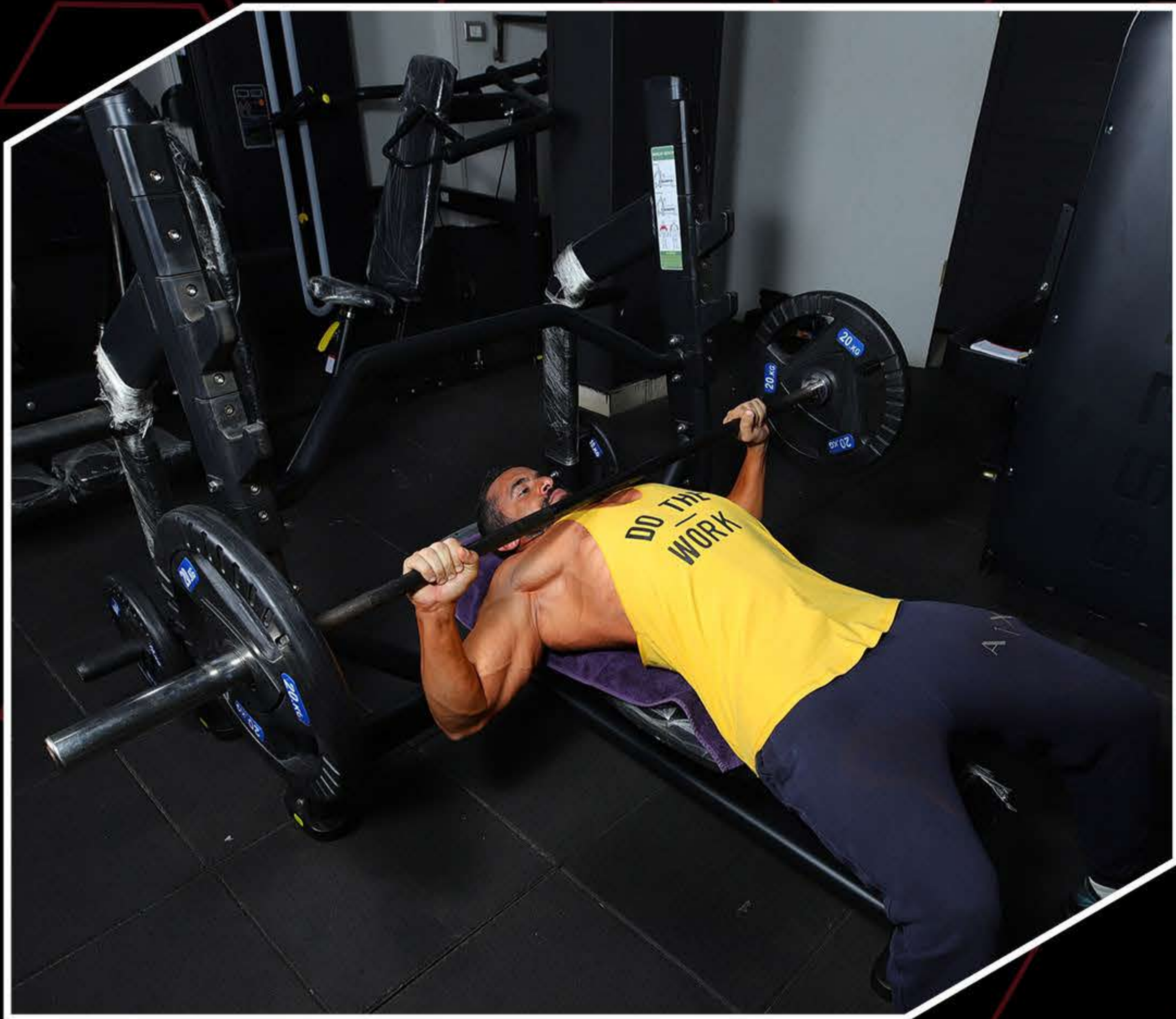
4 SETS FOR 10 REPS

BARBELL BENT OVER ROW



4 SETS FOR 12 REPS

FLAT BENCH PRESS BAR BELL



4 SETS FOR 10 REPS

WIDE-GRIP LAT PULL-DOWN



4 SETS FOR 10 REPS

STANDING CABLE FLY



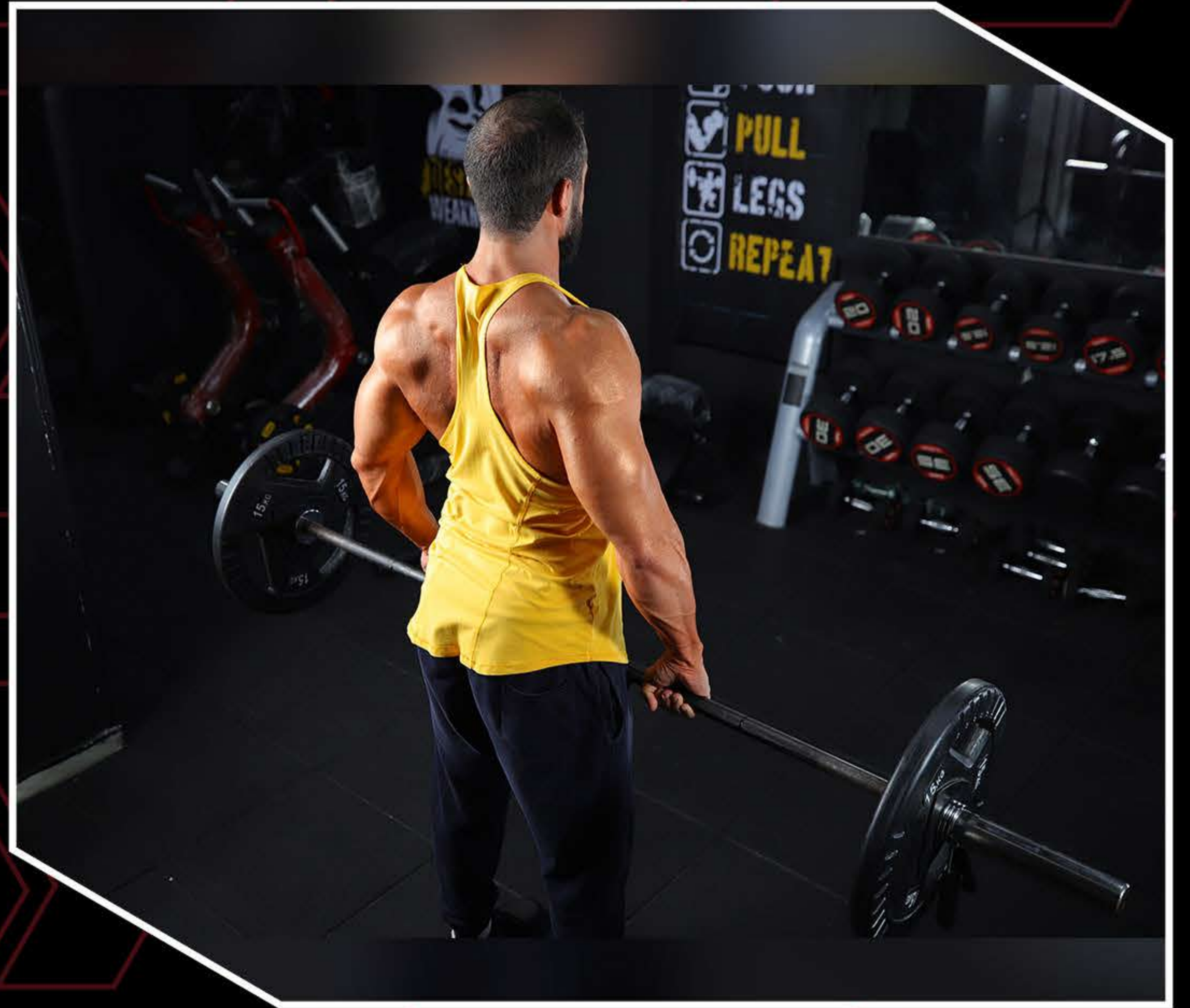
**3 SETS
(6 HIGH 6 MED 6 LOW)**

REVERSE-GRIP LAT PULL-DOWN



4 SETS FOR 10 REPS

ROMANIAN DEAD LIFT



4 SETS FOR 12 REPS

SAFETY SAFETY SAFETY SAFETY
MUSCLE MUSCLE MUSCLE MUSCLE

WEDNESDAY
ARMS DAY



SAFETY SAFETY SAFETY SAFETY
MUSCLE MUSCLE MUSCLE MUSCLE

EZ BAR CURL



4 SETS FOR 12 REPS

ROPE PUSHDOWN



4 SETS FOR 12 REPS

DUMBBELL CURL



EZ BAR CLOSE GRIP PREACHER CURL



SUPER SET
3 SET FOR 10 REPS

EZ BAR REVERSE CURL



4 SETS FOR 12 REPS

SKULL CRUSHER



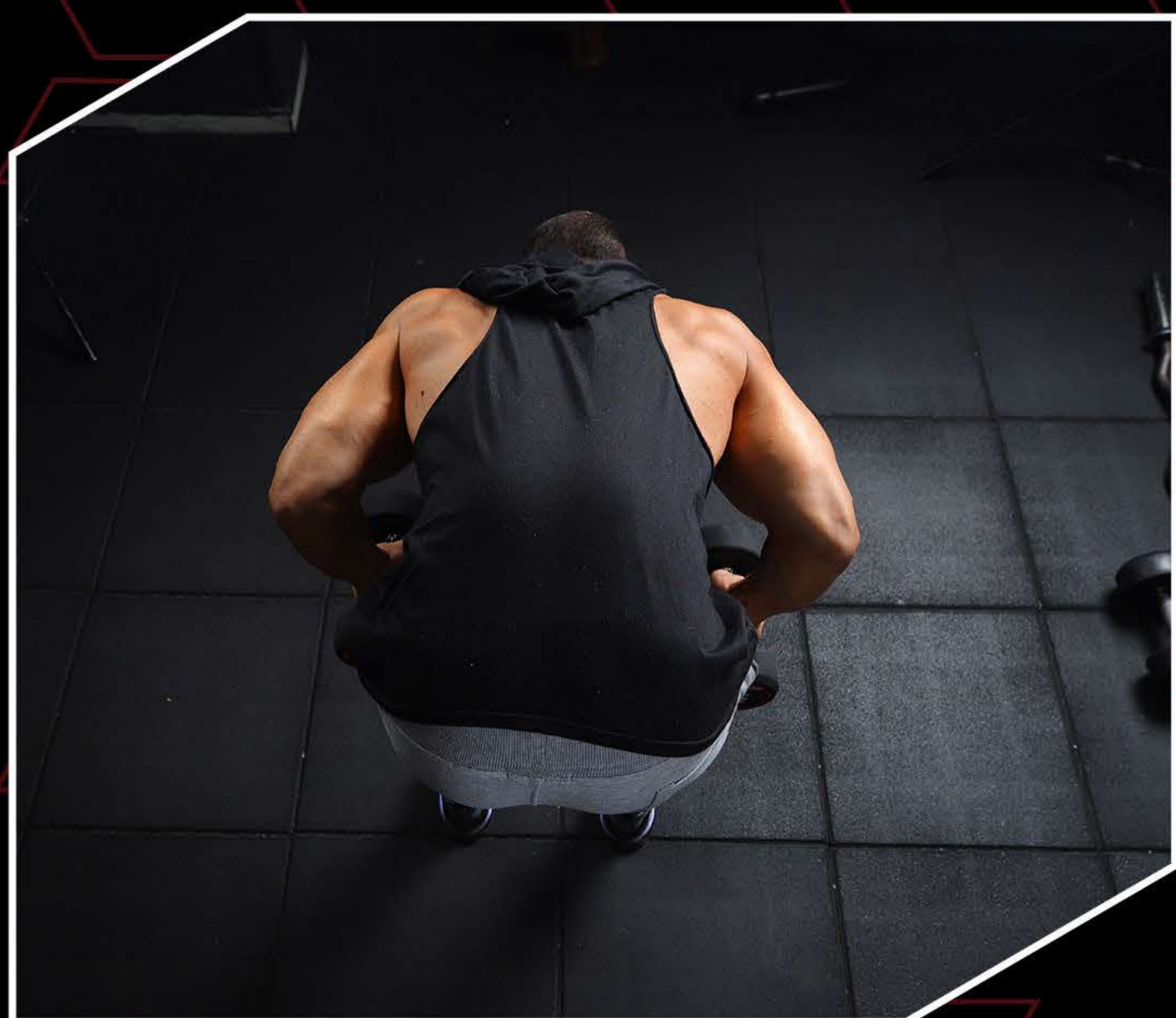
4 SETS FOR 12 REPS

EZ BAR WIDE GRIP CURL



4 SETS FOR 10 REPS

DUMBBELL KICKBACK



4 SETS FOR 10 REPS

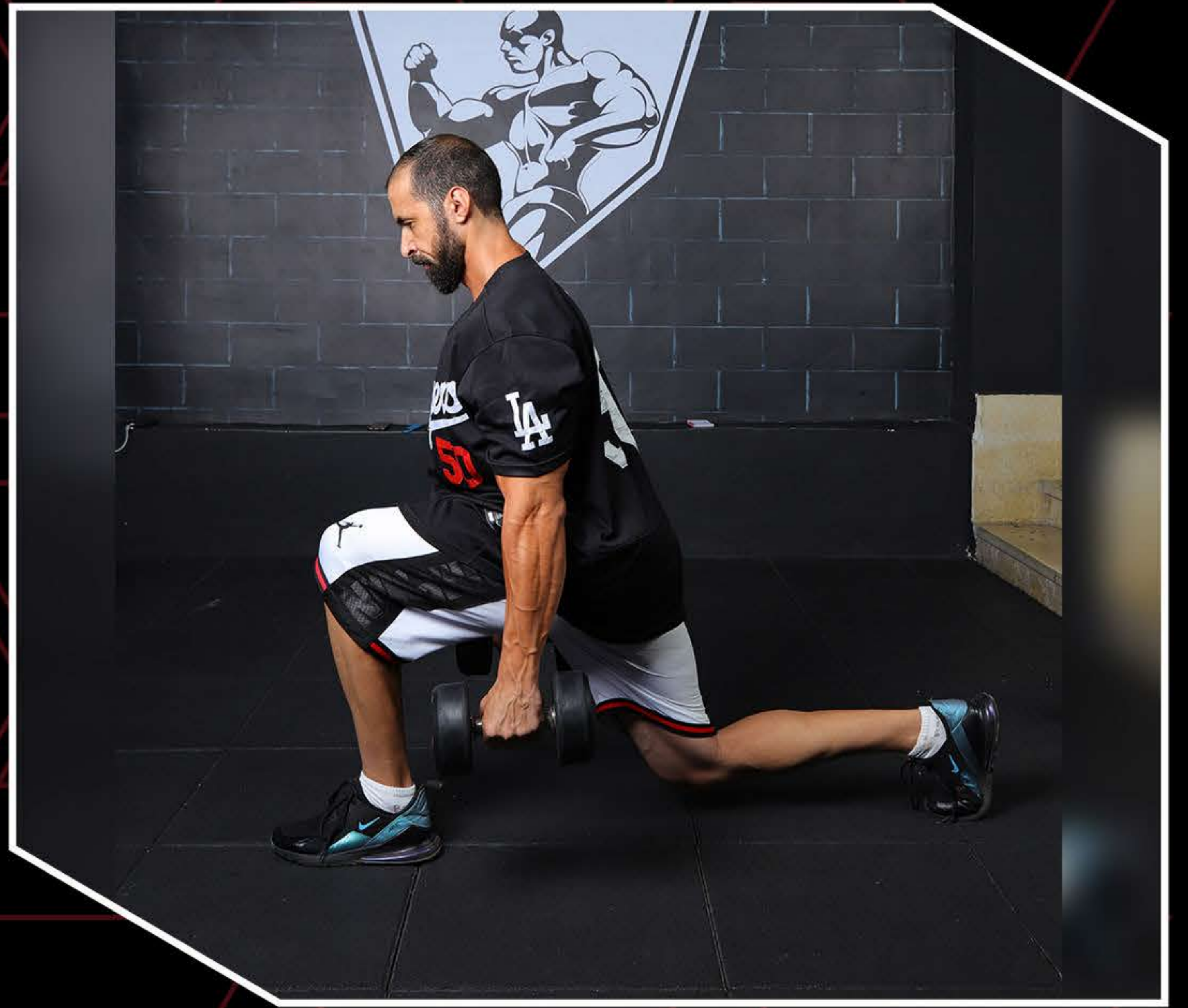
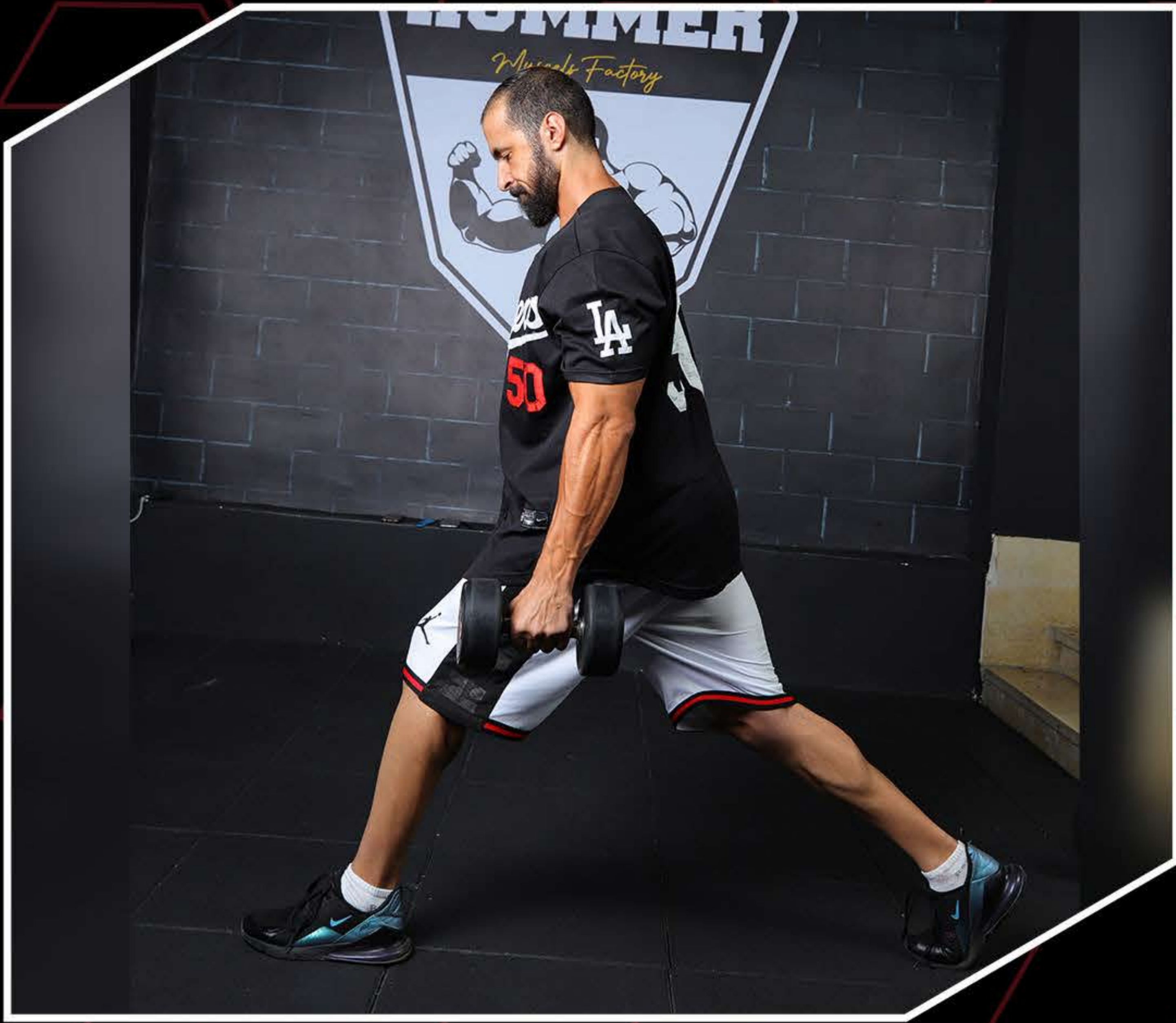
SAFETY SAFETY SAFETY SAFETY
MUSCLE MUSCLE MUSCLE MUSCLE

**THURSDAY
LEG DAY**



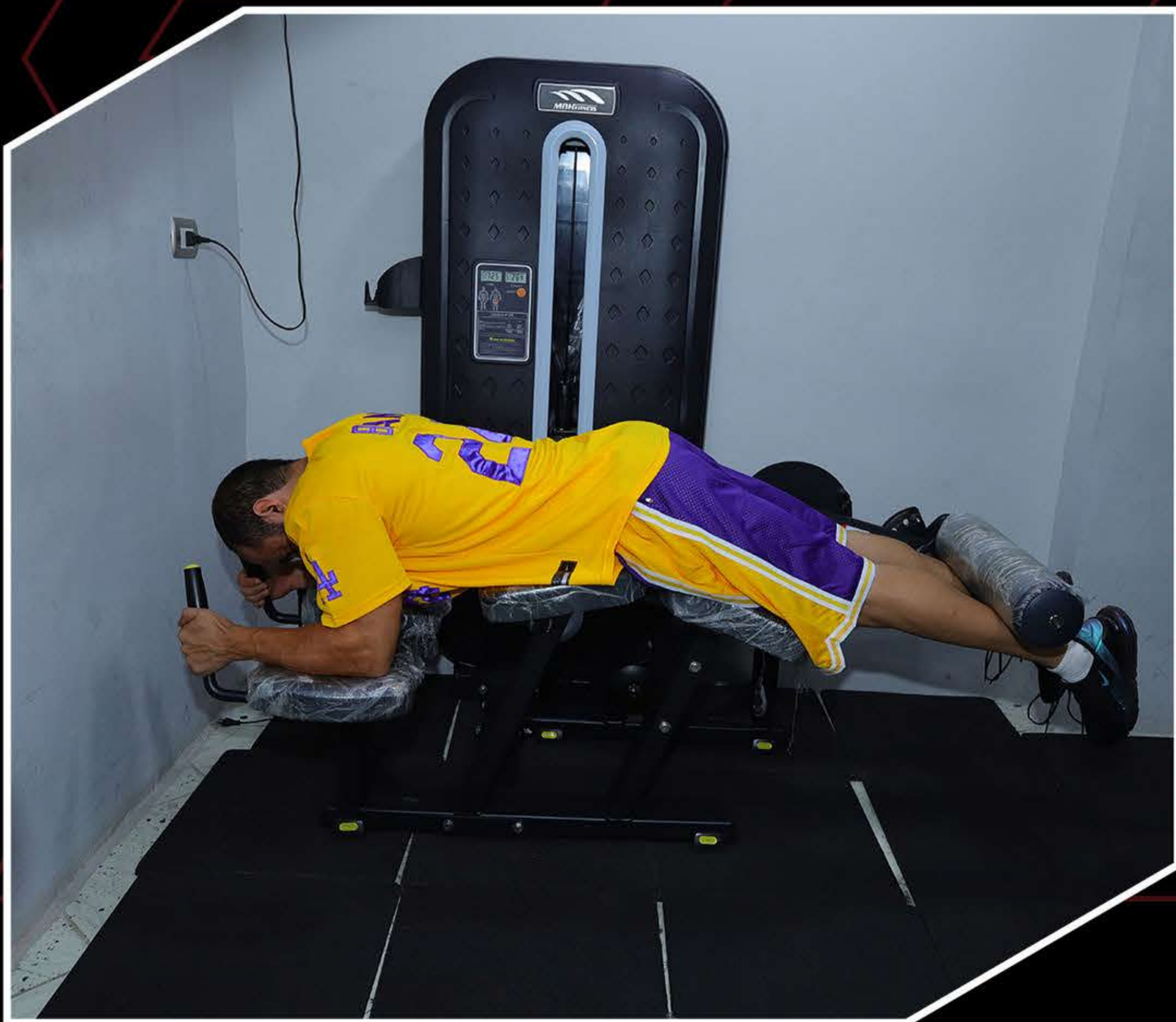
SAFETY SAFETY SAFETY SAFETY
MUSCLE MUSCLE MUSCLE MUSCLE

DUMBBELL REAR LUNGE



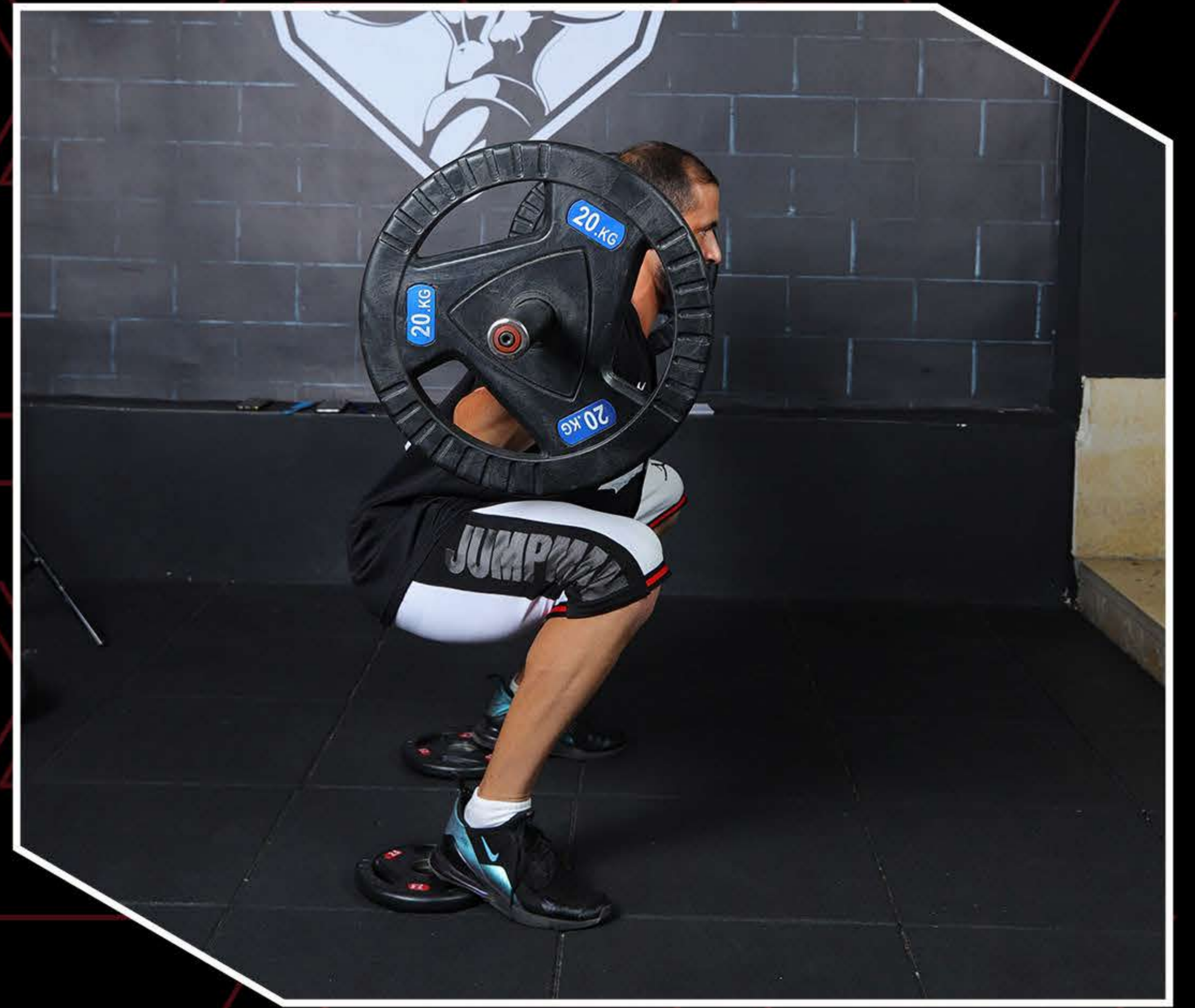
4 SETS FOR 10 REPS

LEG CURL



DROP SET
3 SETS FOR 6,8,10 REPS

BACK SQUAT



4 SETS FOR 10 REPS

DUMBBELL DEADLIFT



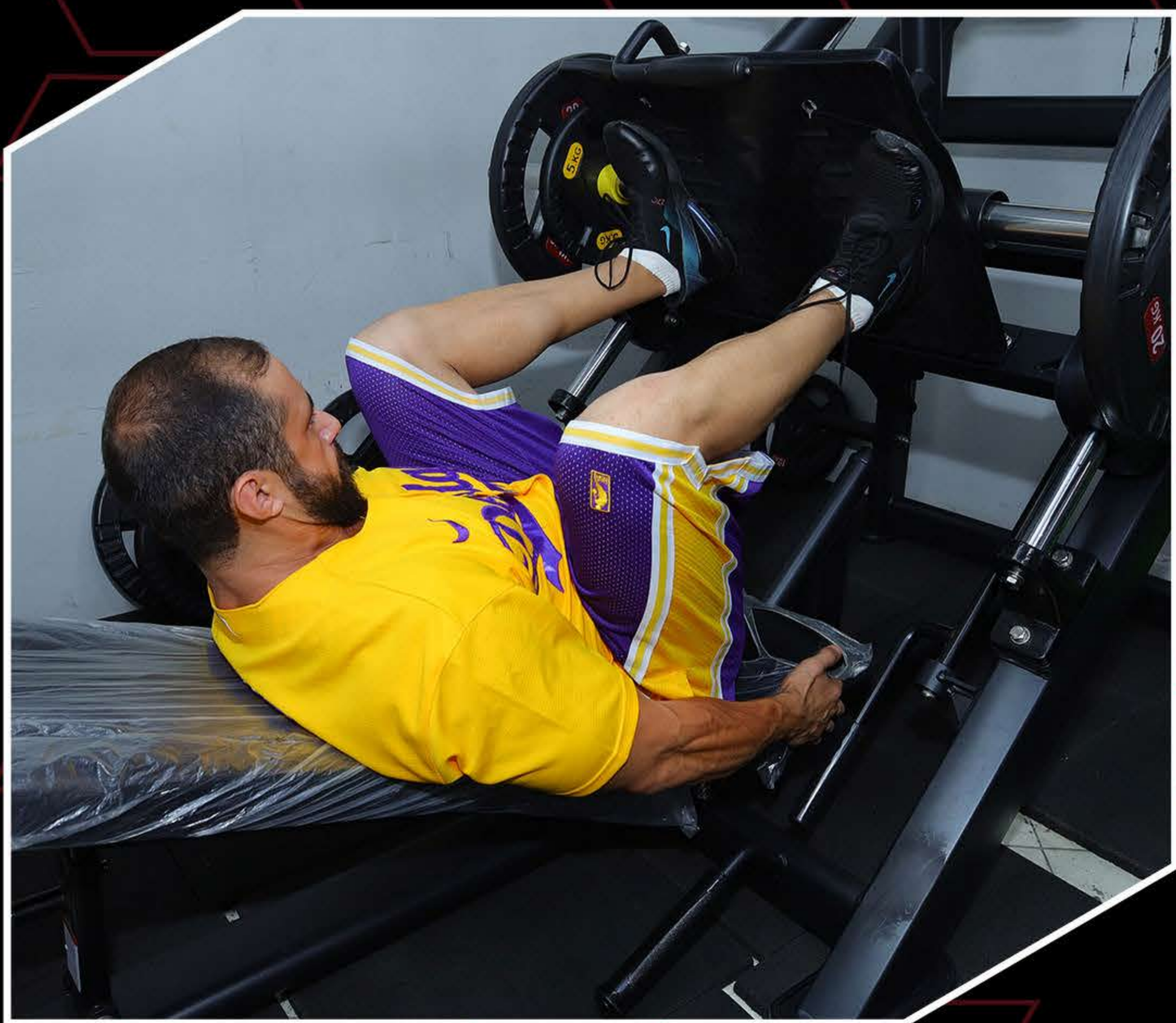
4 SETS FOR 15 REPS

LEG EXTENSION



4 SETS FOR 12 REPS

LEG PRESS



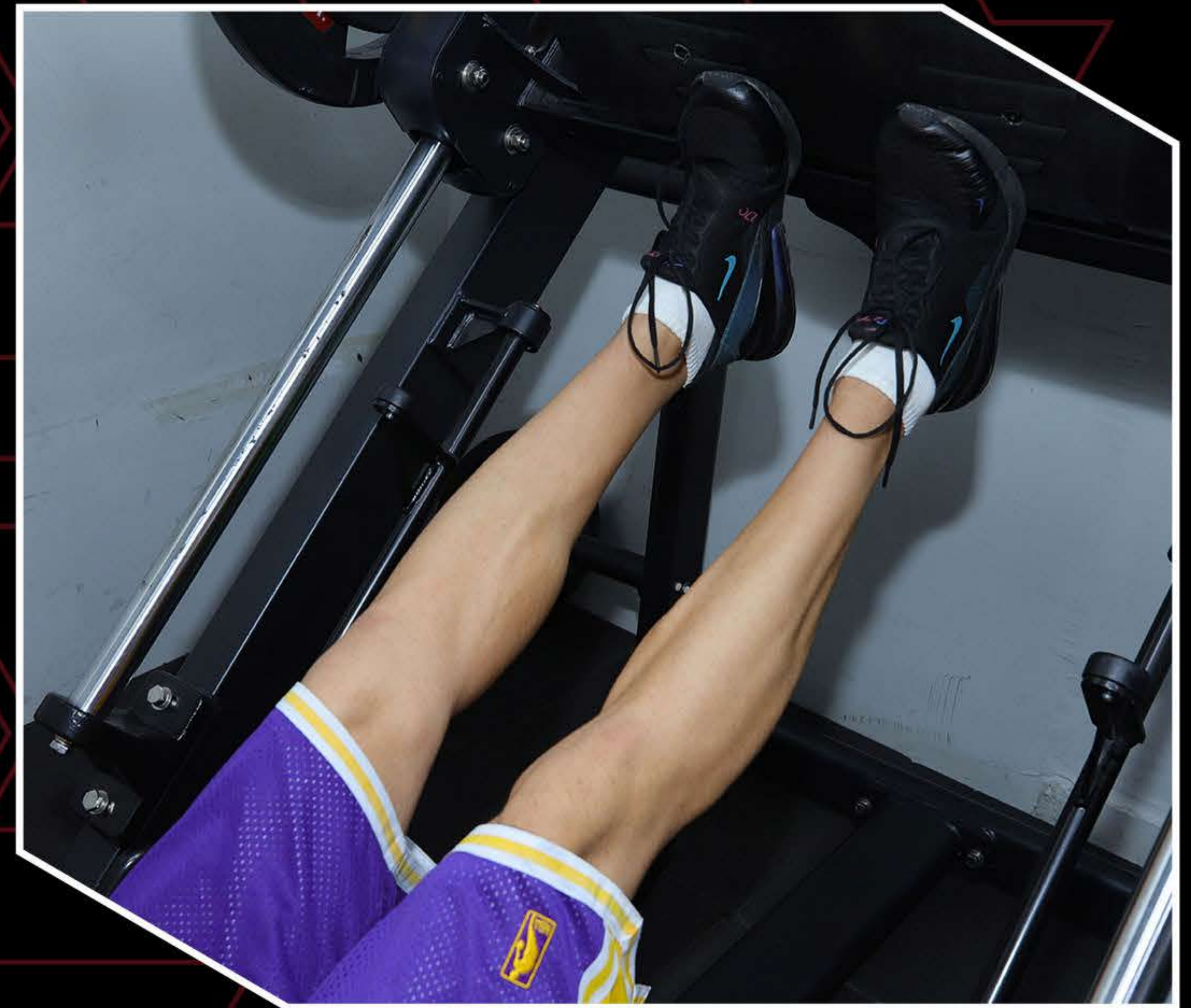
4 SETS FOR 12 REPS

STANDING CALF



4 SETS FOR 15 REPS

CALF PRESS



4 SETS FOR 15 REPS

- هنمشي 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