

**FREE**



# POWER OF TRAINING

**EBOOK**

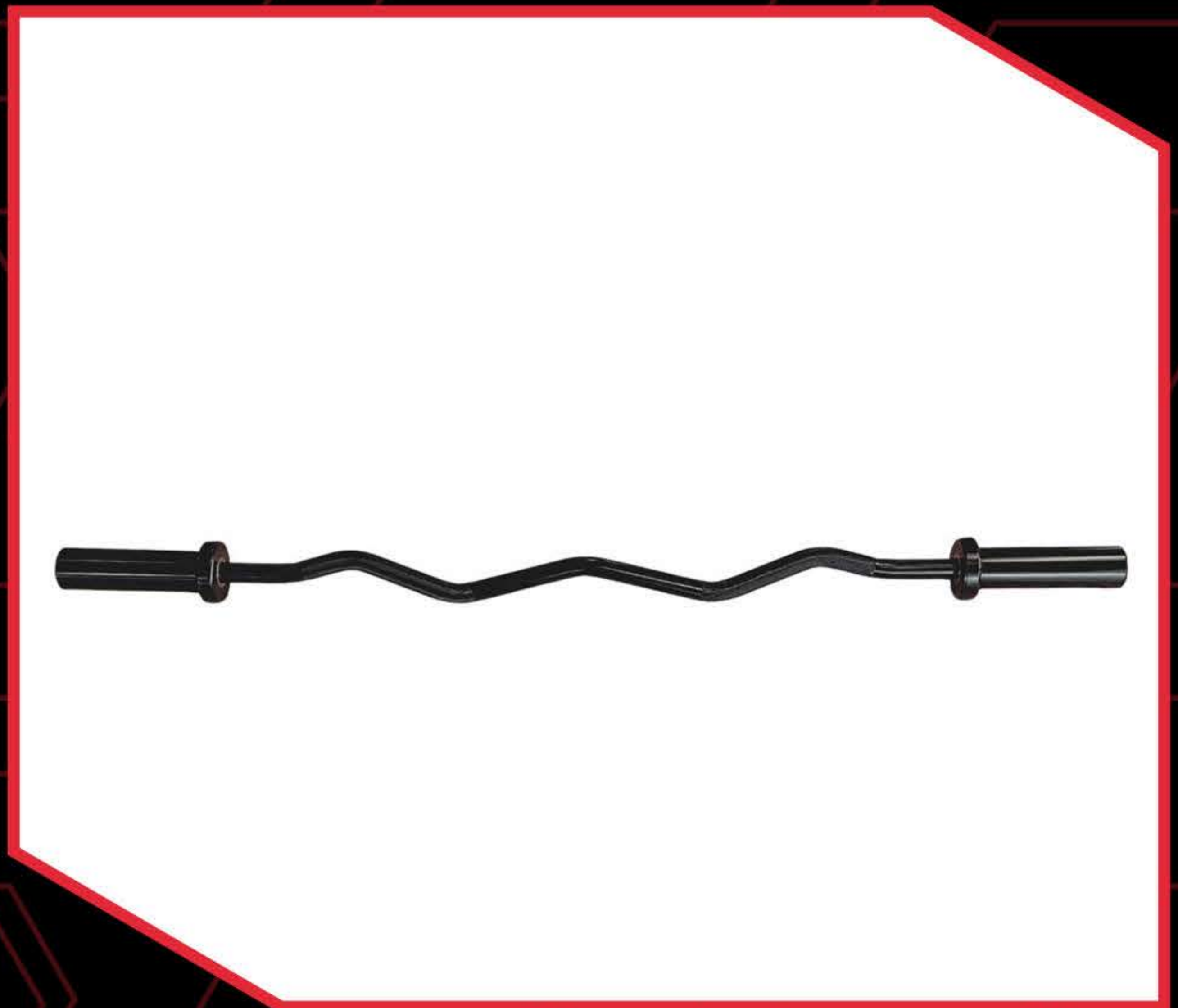


**SAFETY SAFETY SAFETY SAFETY**  
*MUSCLE MUSCLE MUSCLE MUSCLE*

**TRAIN FROM HOME**

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

# HOME EXERCISE EQUIPMENT



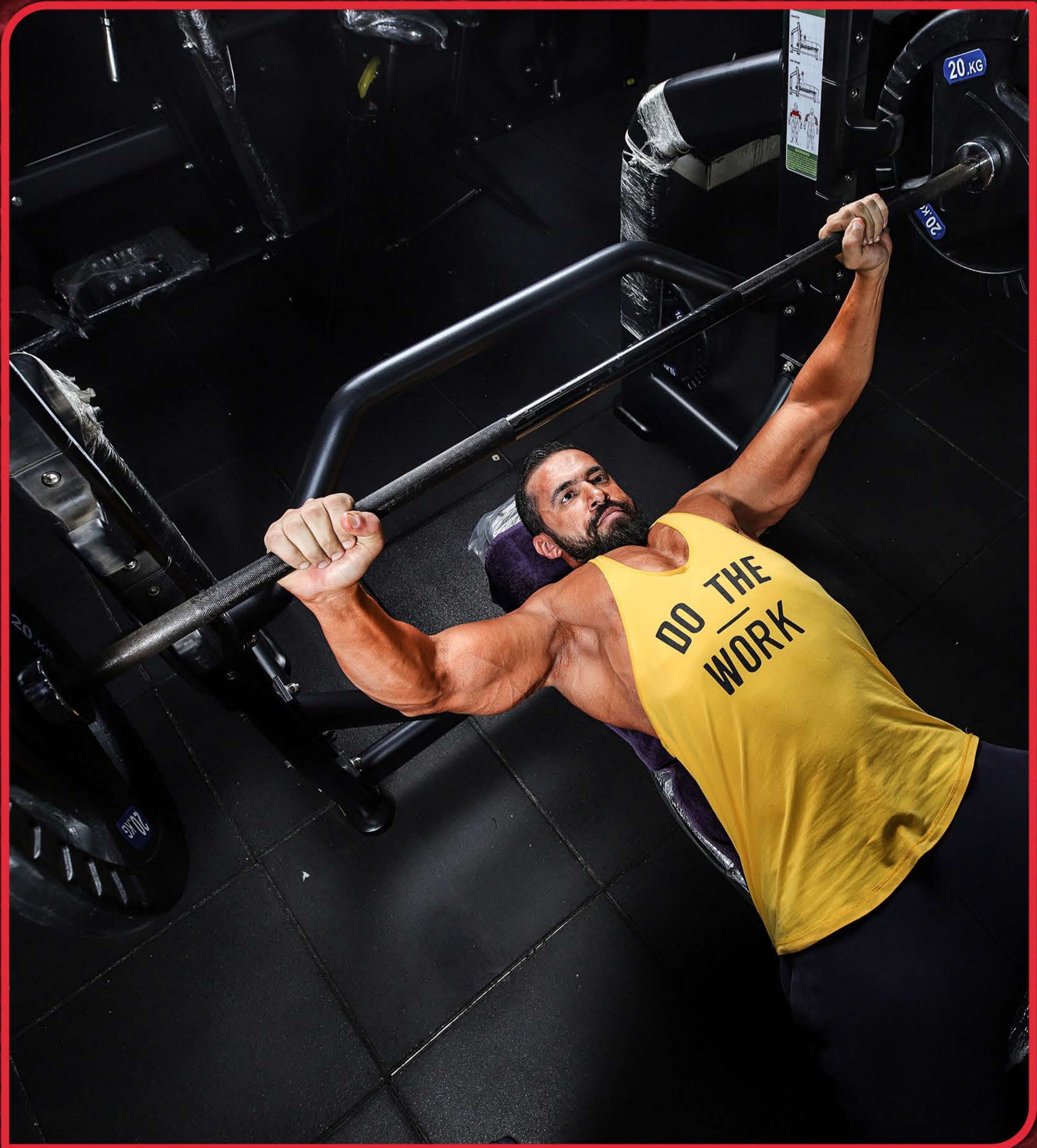
**FIRST WEEK PLAN**



**WORK HARD**  
**PLAY HARD**

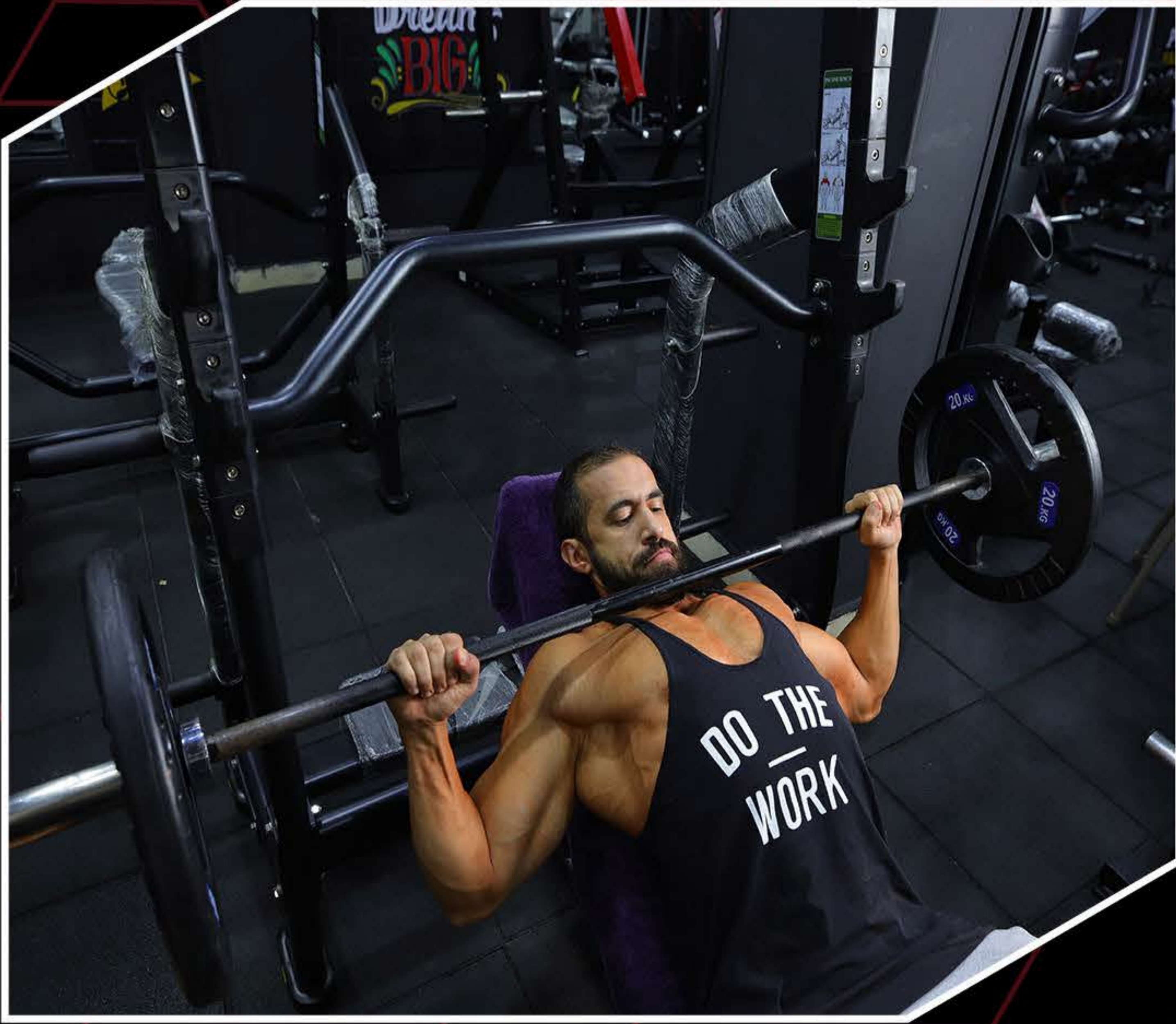
**SAFETY SAFETY SAFETY SAFETY**  
MUSCLE MUSCLE MUSCLE MUSCLE

# SATURDAY CHEST DAY



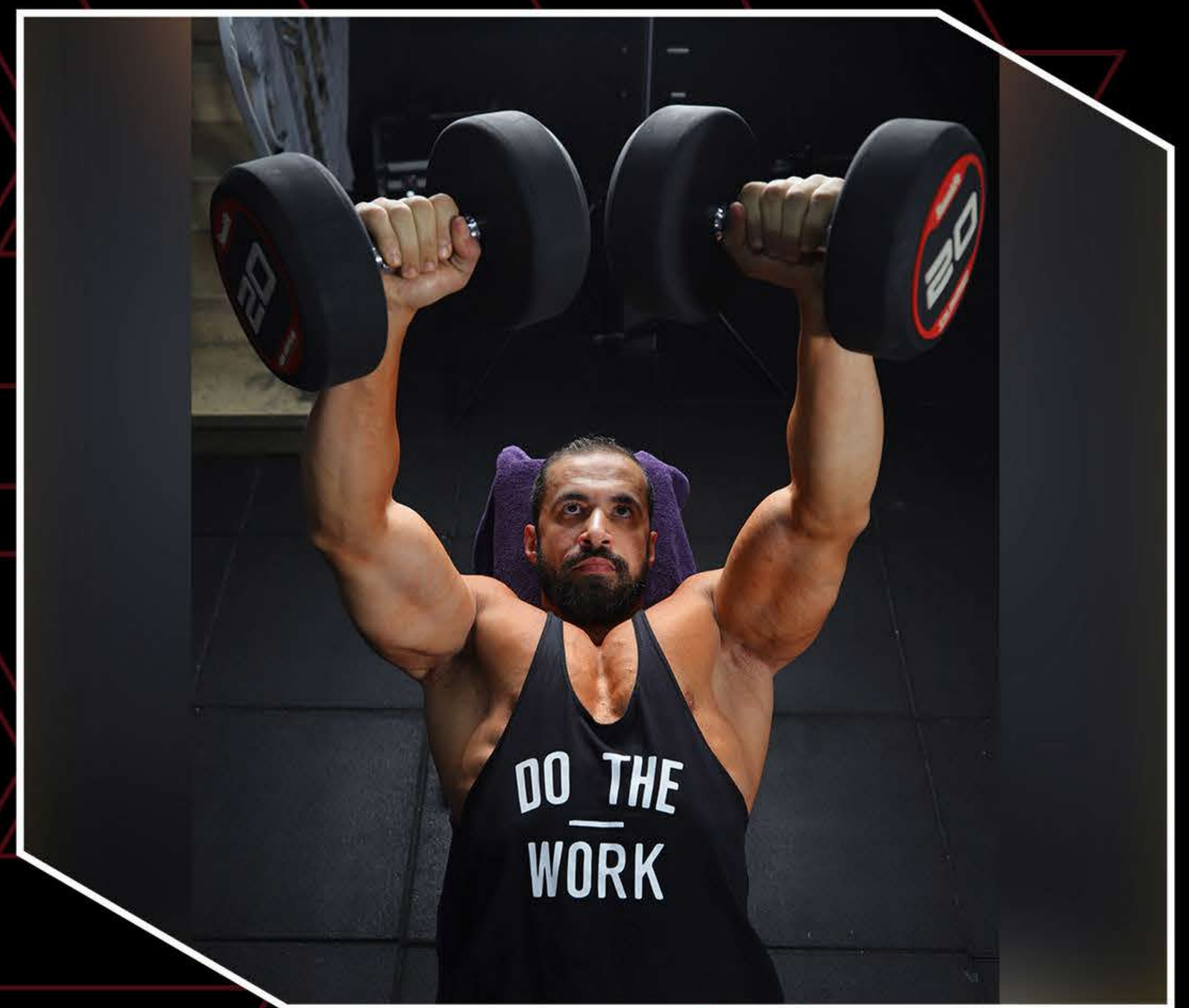
**SAFETY SAFETY SAFETY SAFETY**  
MUSCLE MUSCLE MUSCLE MUSCLE

**INCLINE BENCH PRESS BAR BELL**



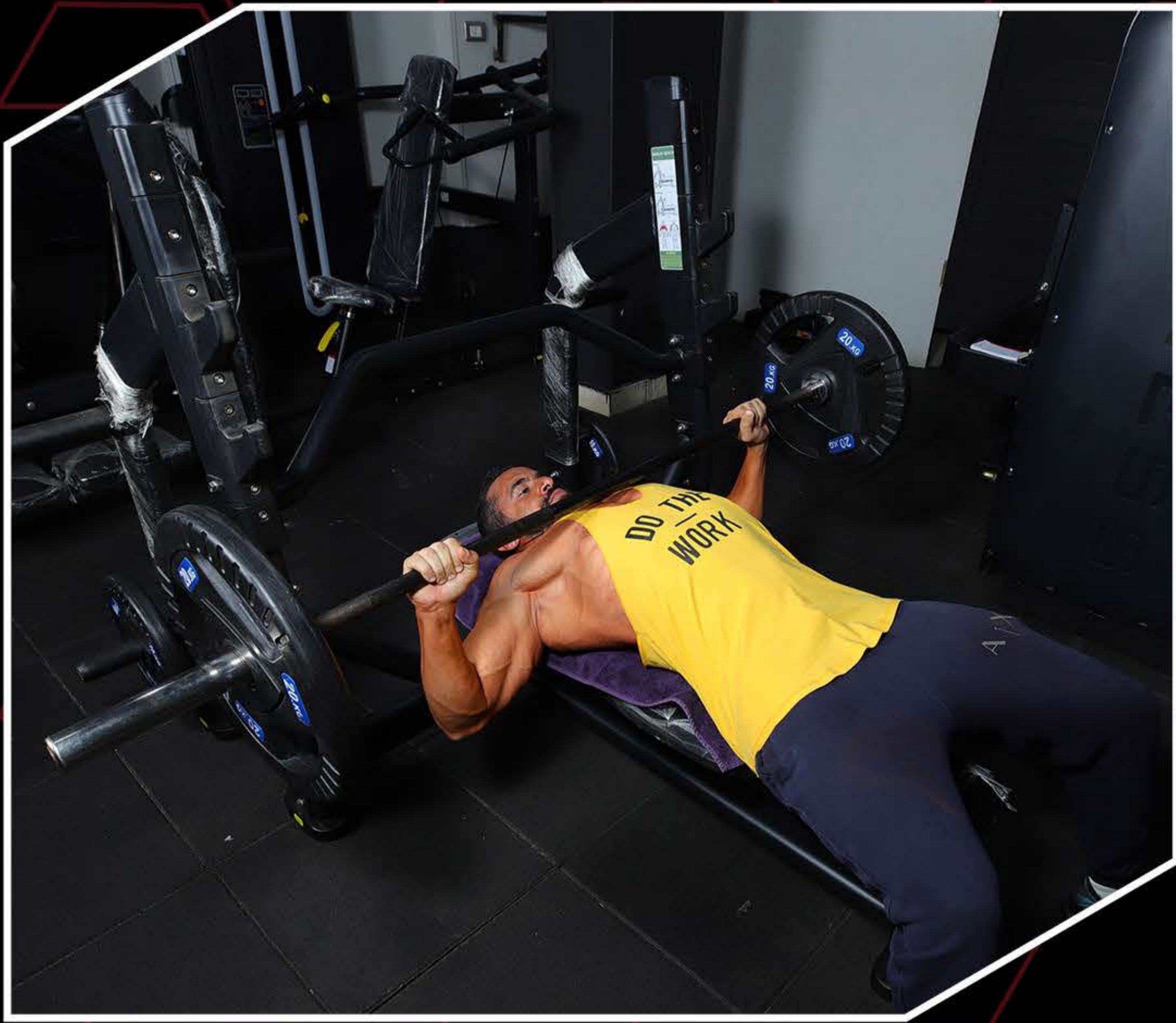
**4 SETS FOR 10 REPS**

**INCLINE DUMBBELLE BENCH PRESS**



**4 SETS FOR 10 REPS**

**FLAT BENCH PRESS BAR BELL**



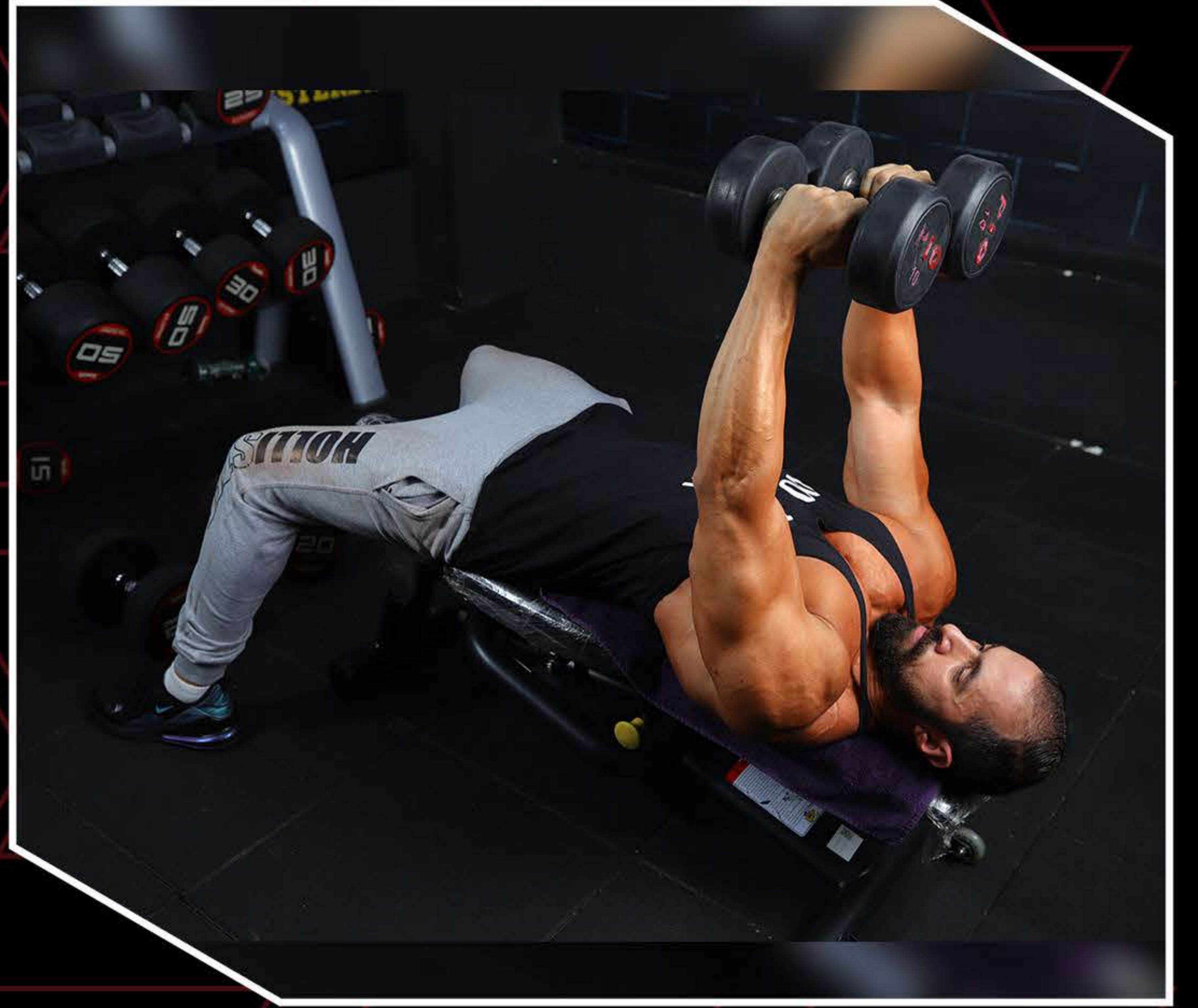
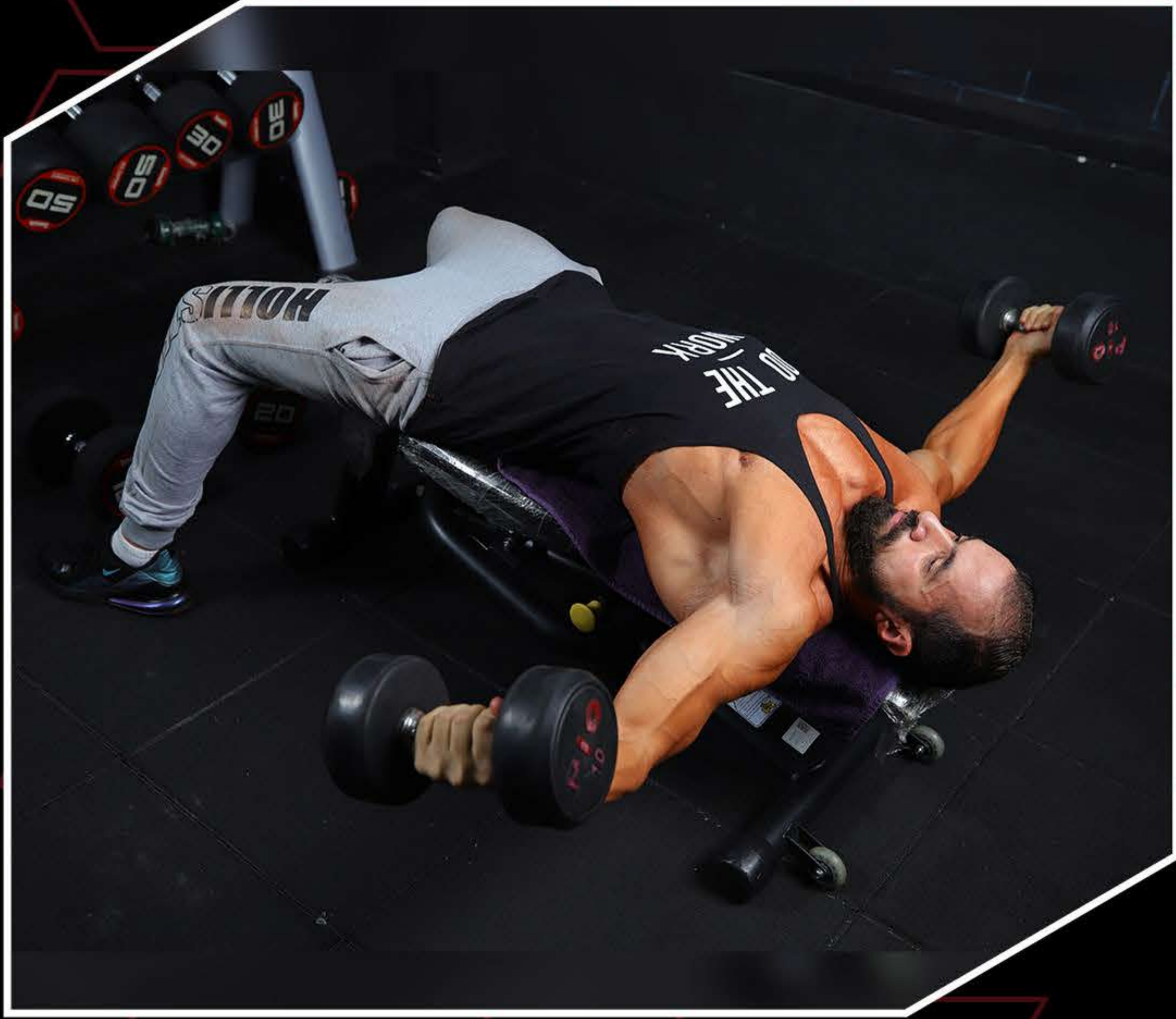
**4 SETS FOR 10 REPS**

**HAMMER CLOSE GRIP BENCH PRESS DUMBBELL**



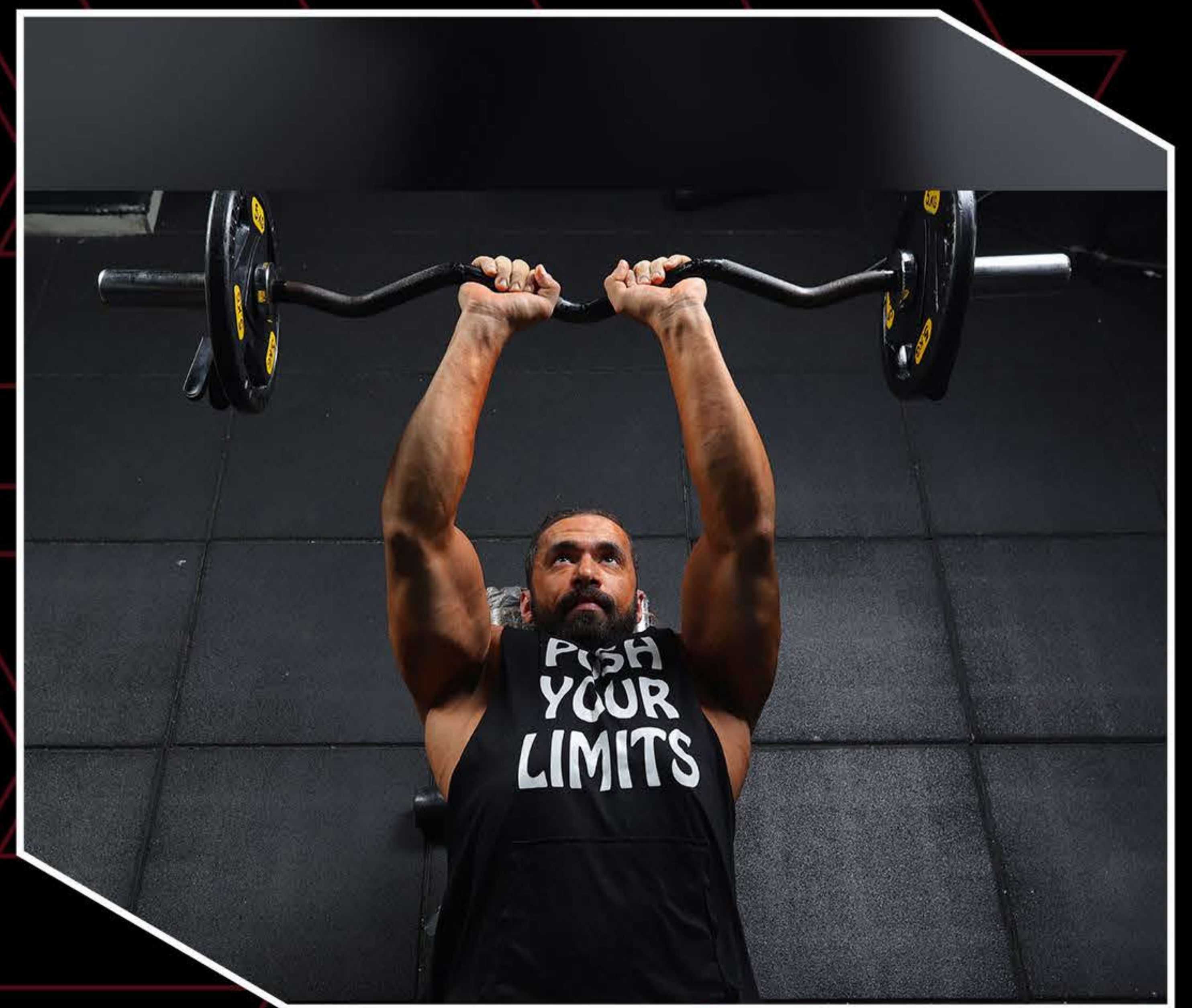
**DROP SET  
4 SETS FOR 6,8,10**

## DECLINE FLY DUMBBELLE



**4 SETS FOR 12 REPS**

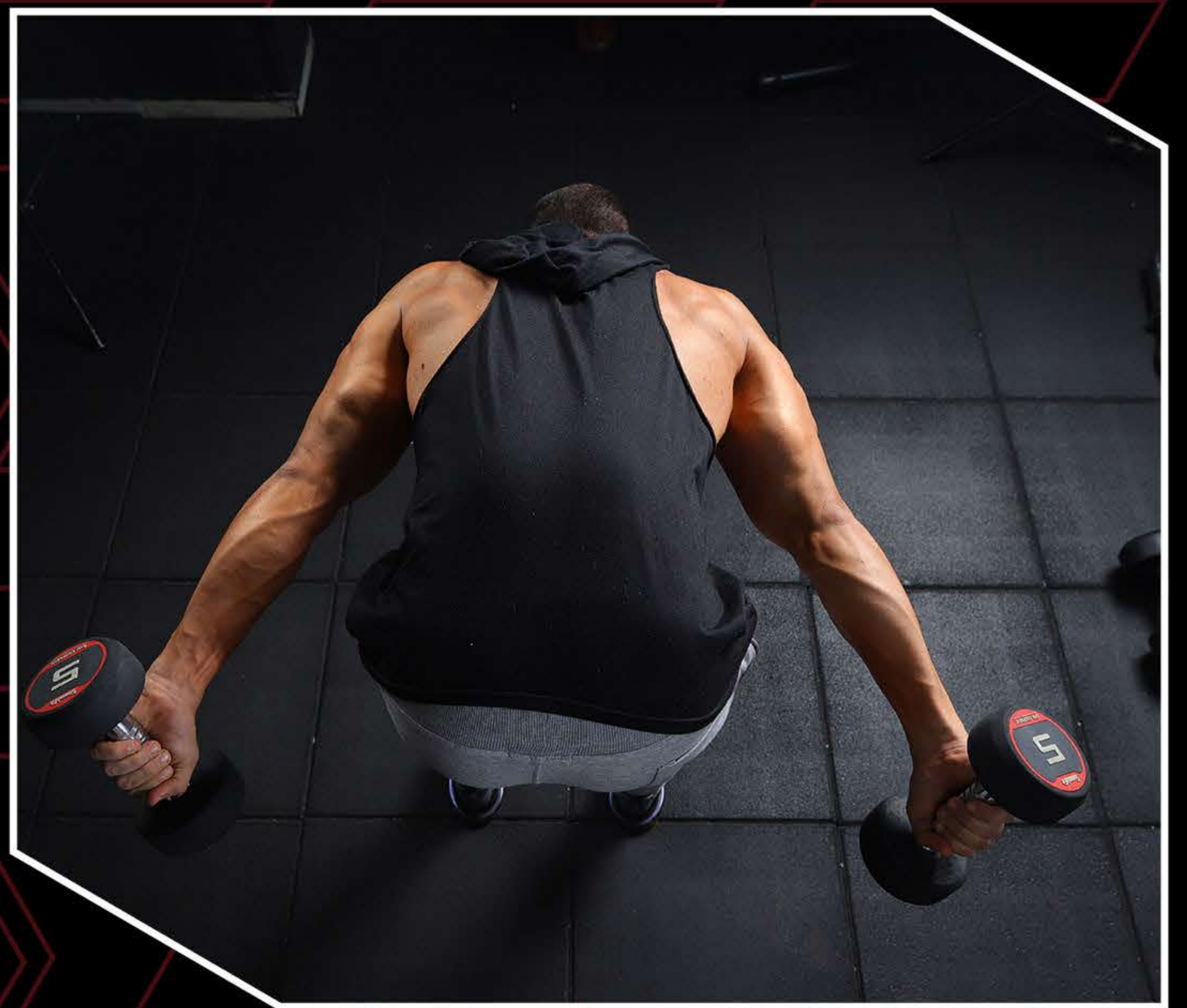
## EZ BAR SKULL CRUSHER



**4 SETS FOR 10 REPS**



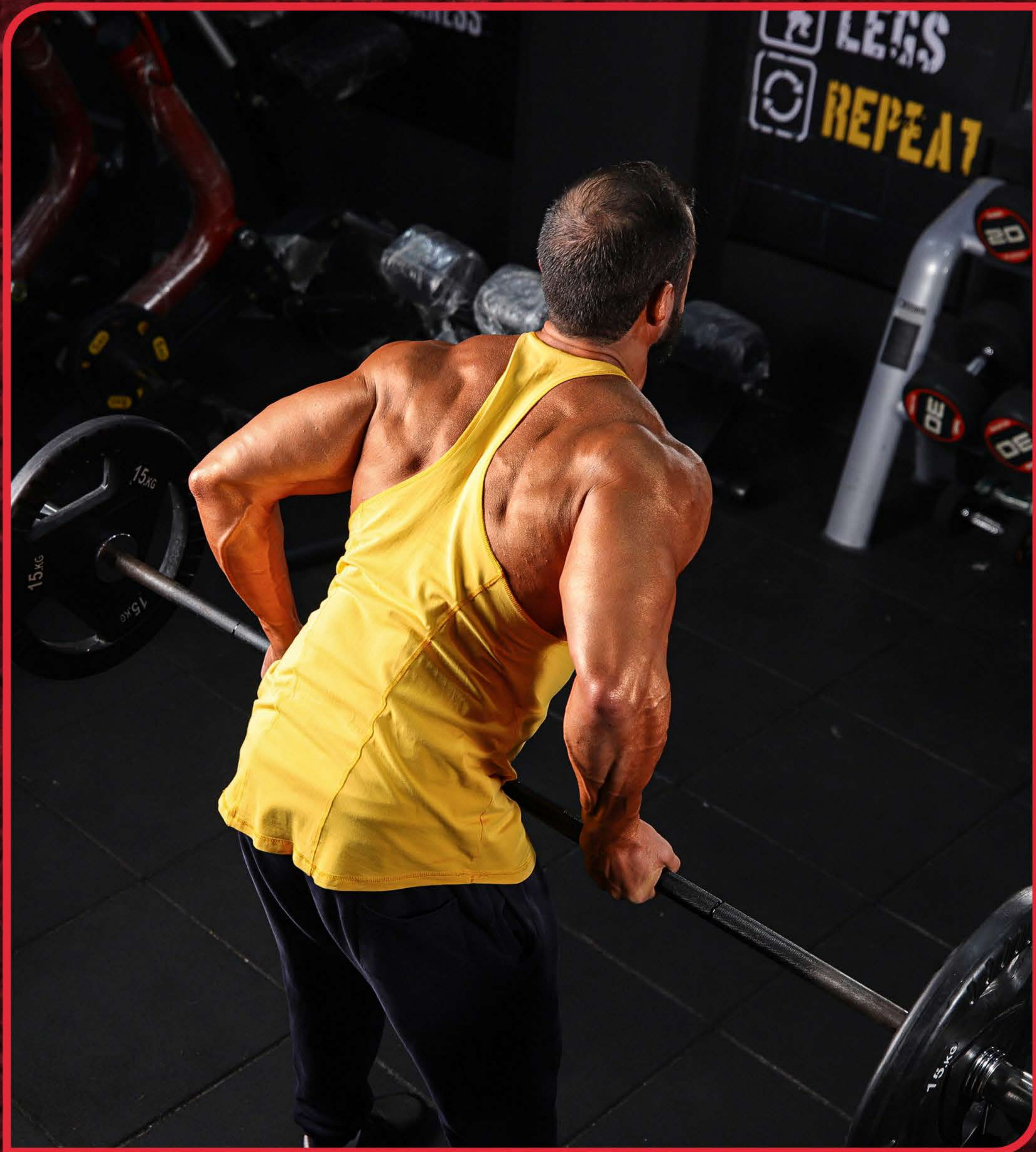
**DUMBBELL KICKBACK**



**4 SETS FOR 10 REPS**

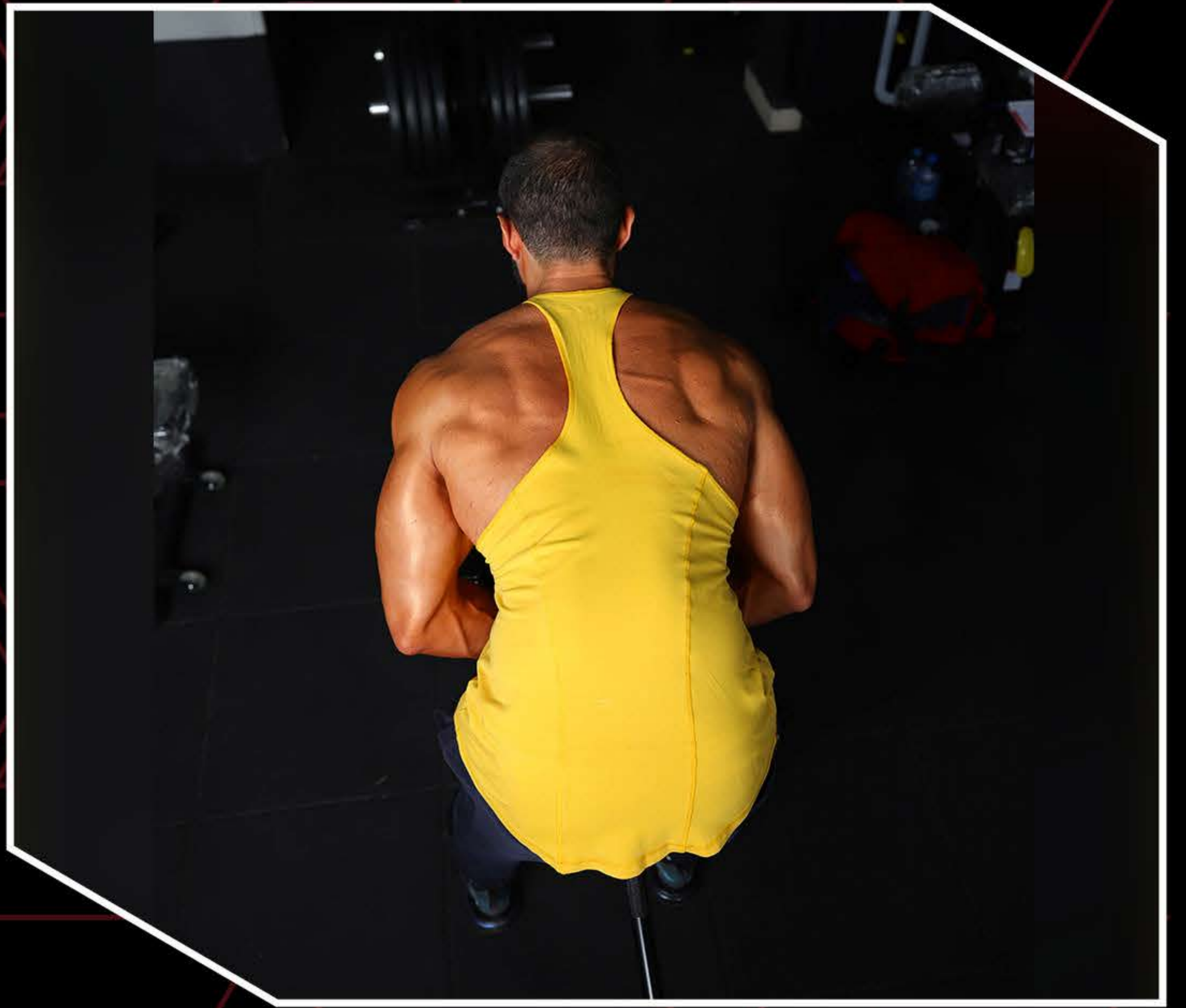
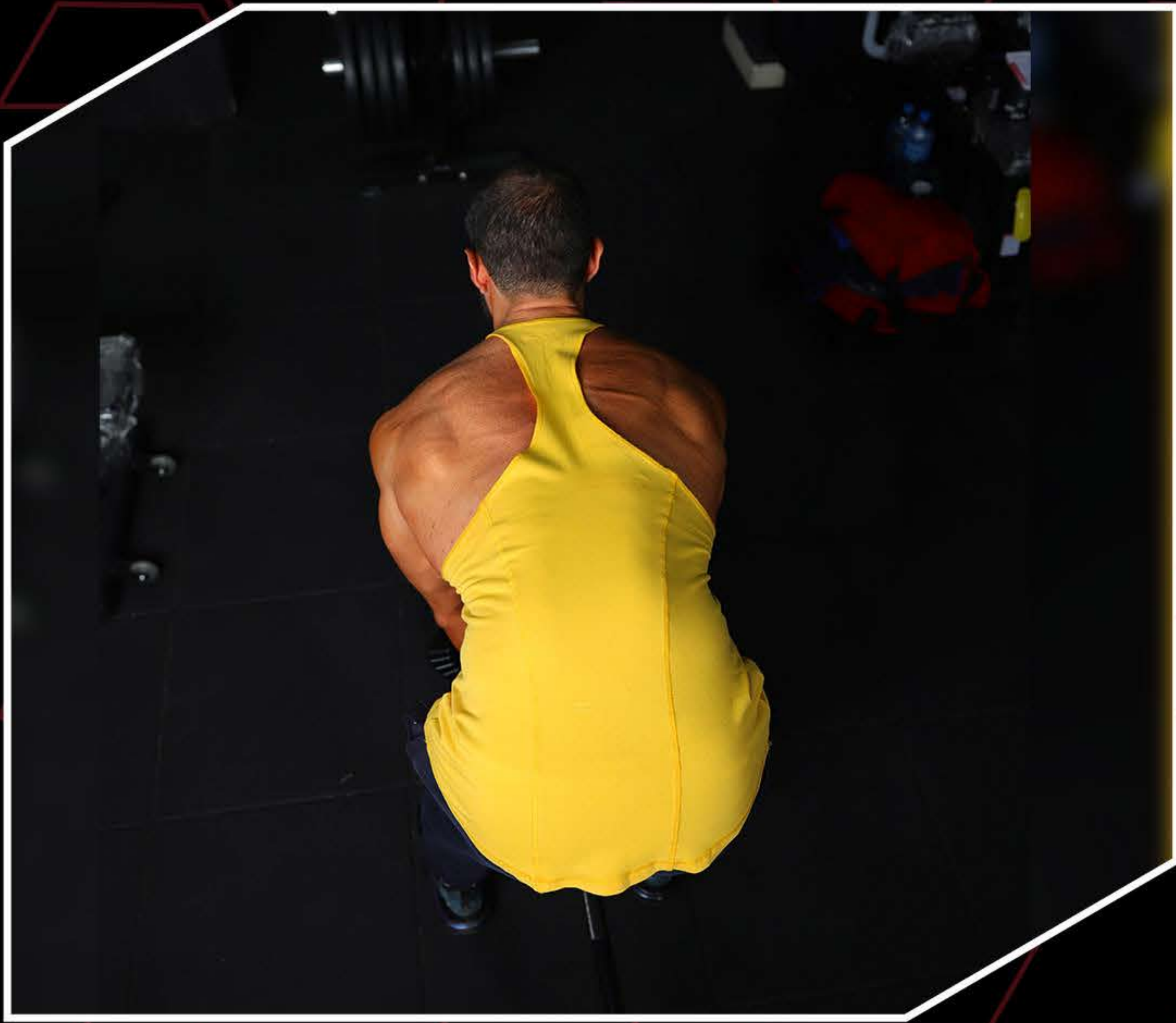
**SAFETY SAFETY SAFETY SAFETY**  
MUSCLE MUSCLE MUSCLE MUSCLE

# SUNDAY BACK 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**

## ROMANIAN DEAD LIFT



**4 SETS FOR 12 REPS**

## PULLUP



**4 SETS FOR 10 REPS**

## EZ BAR CURL



**4 SETS FOR 10 REPS**

## DUMBBELL CURL



**4 SETS FOR 10 REPS**

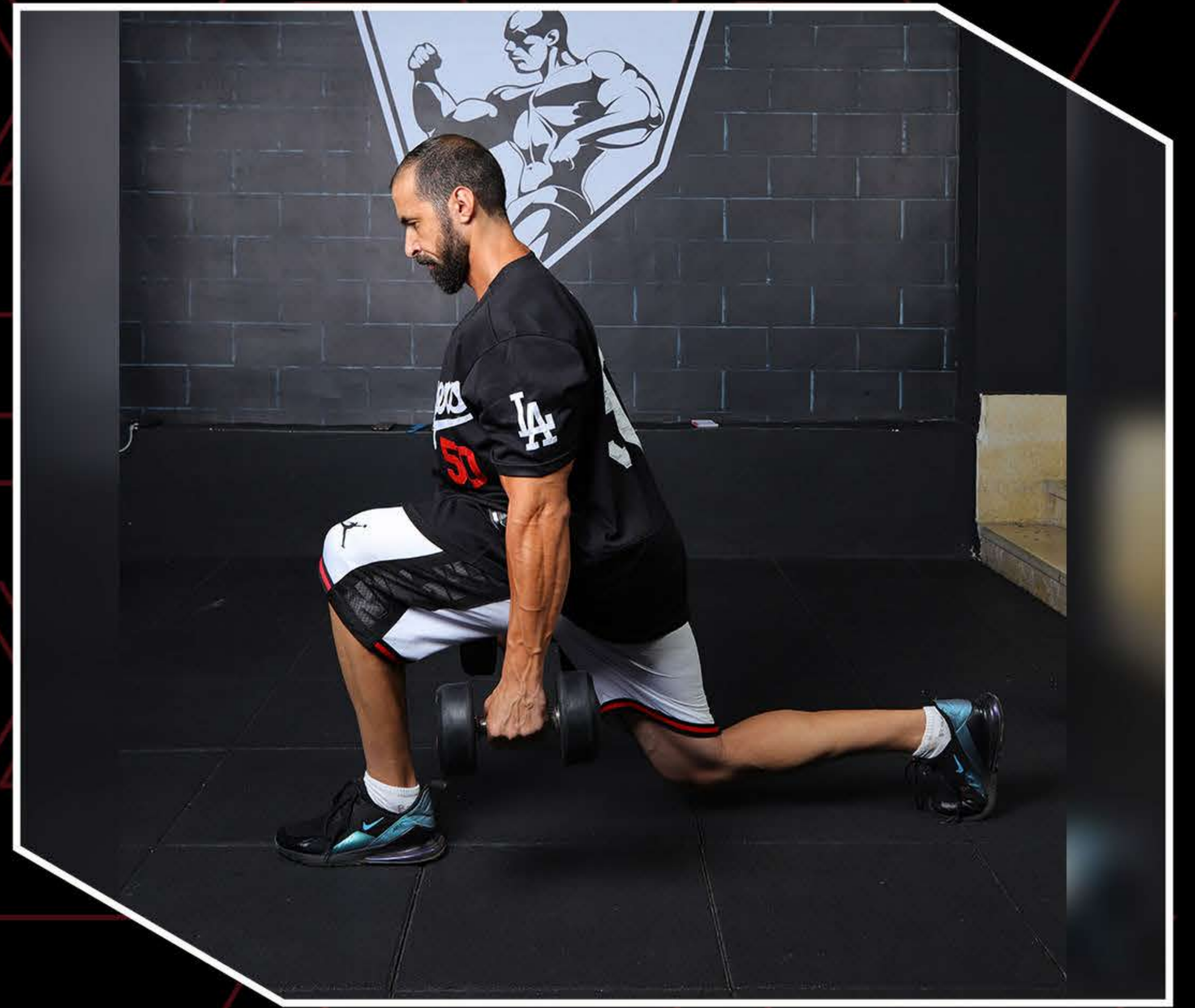
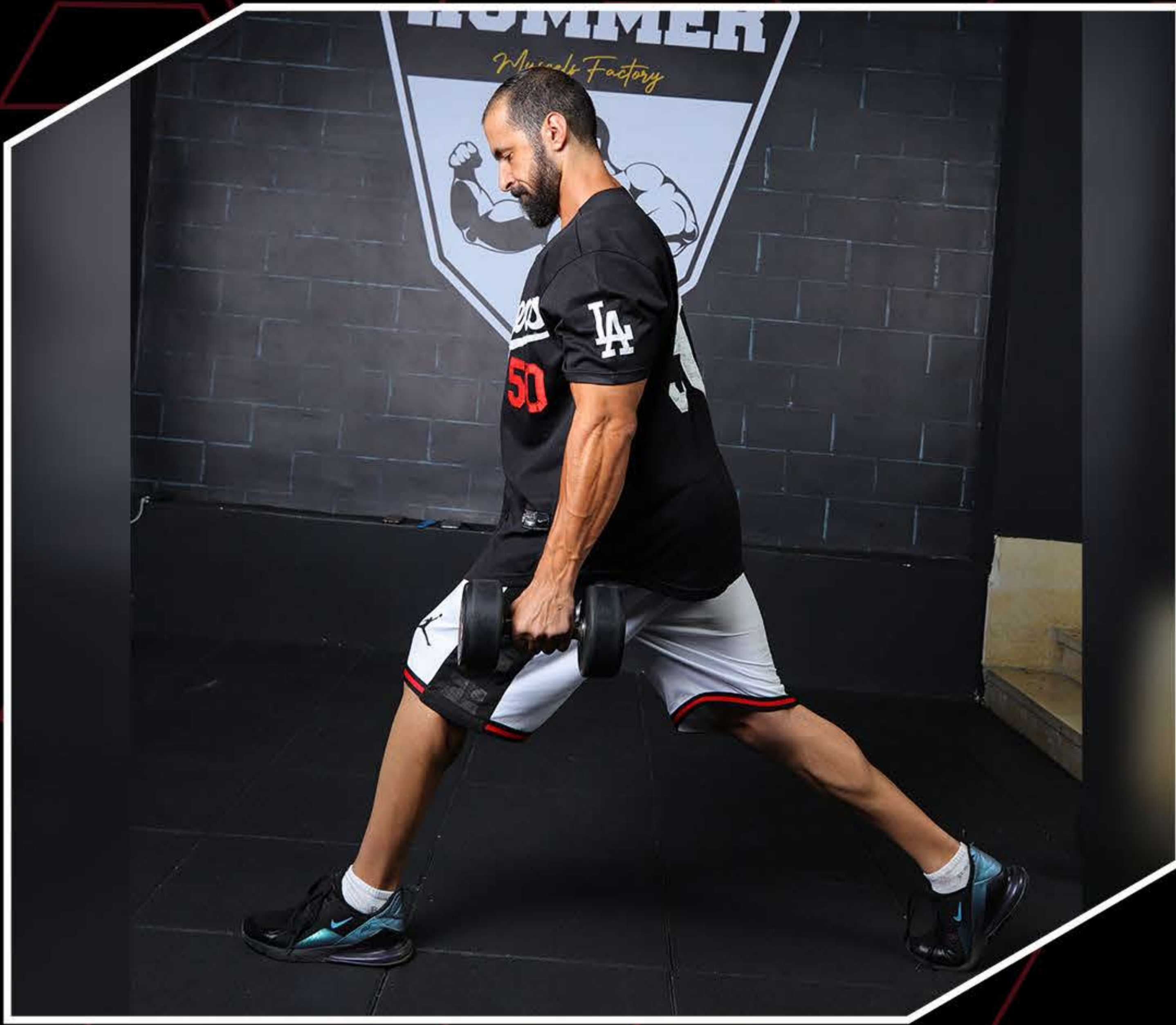
**SAFETY SAFETY SAFETY SAFETY**  
MUSCLE MUSCLE MUSCLE MUSCLE

**TUESDAY  
LEG DAY**



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

## DUMBBELL REAR LUNGE



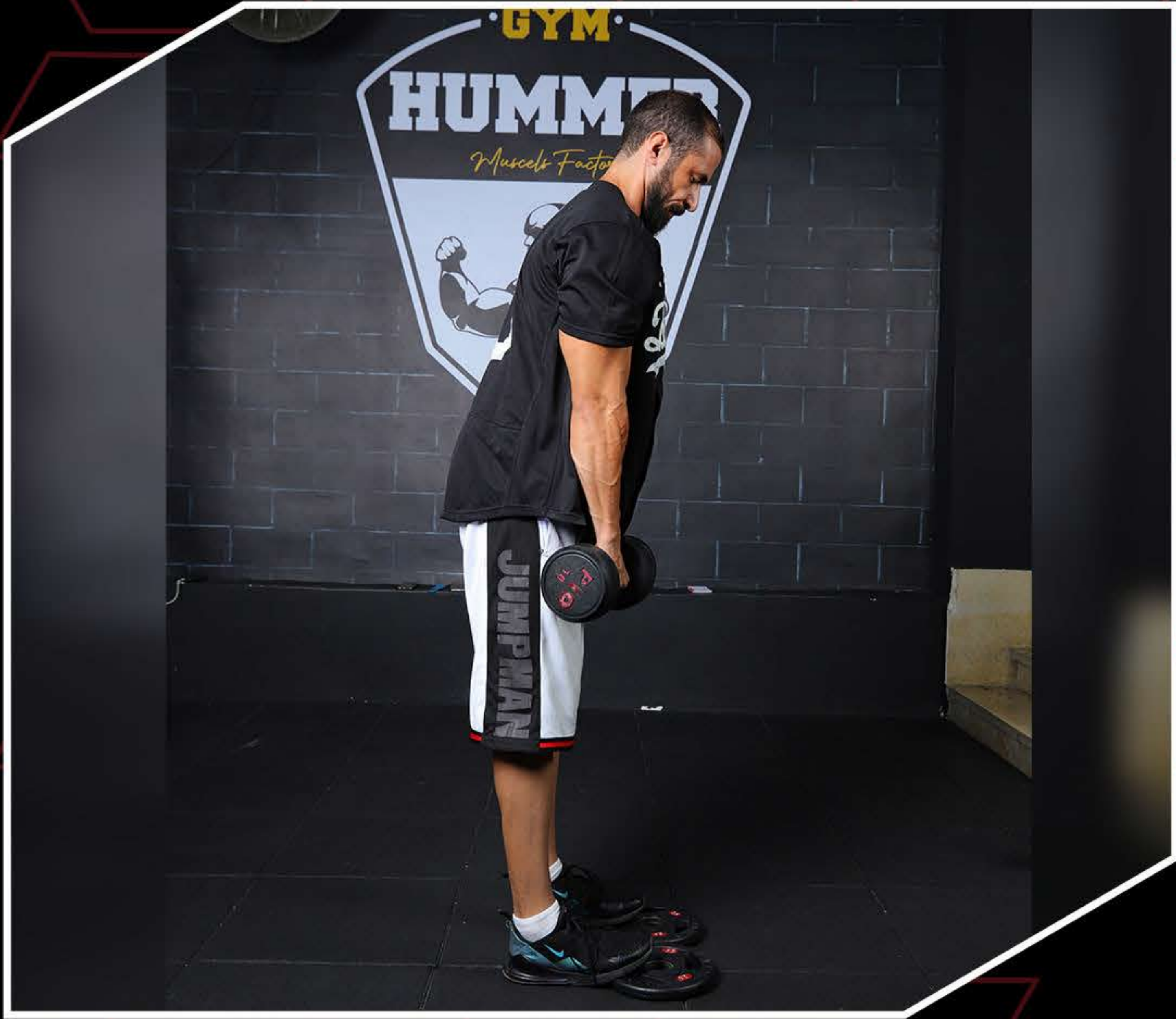
**4 SETS FOR 10 REPS**

## BACK SQUAT



**4 SETS FOR 10 REPS**

## DUMBBELL DEADLIFT



**4 SETS FOR 15 REPS**

## STANDING CALF



**4 SETS FOR 15 REPS**



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

# WEDNESDAY SHOULDER



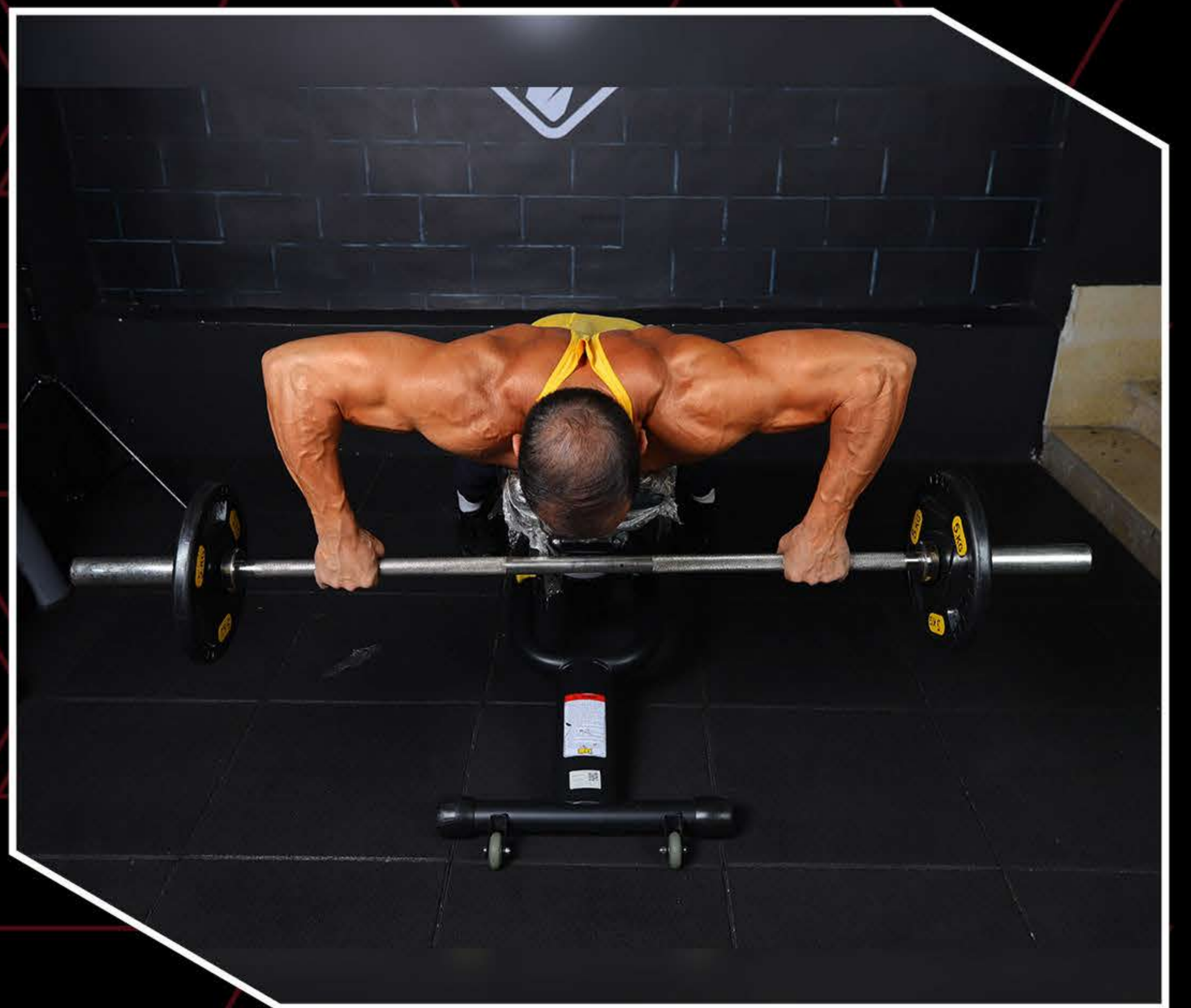
**SAFETY SAFETY SAFETY SAFETY**  
MUSCLE MUSCLE MUSCLE MUSCLE

REAR DELT FLY



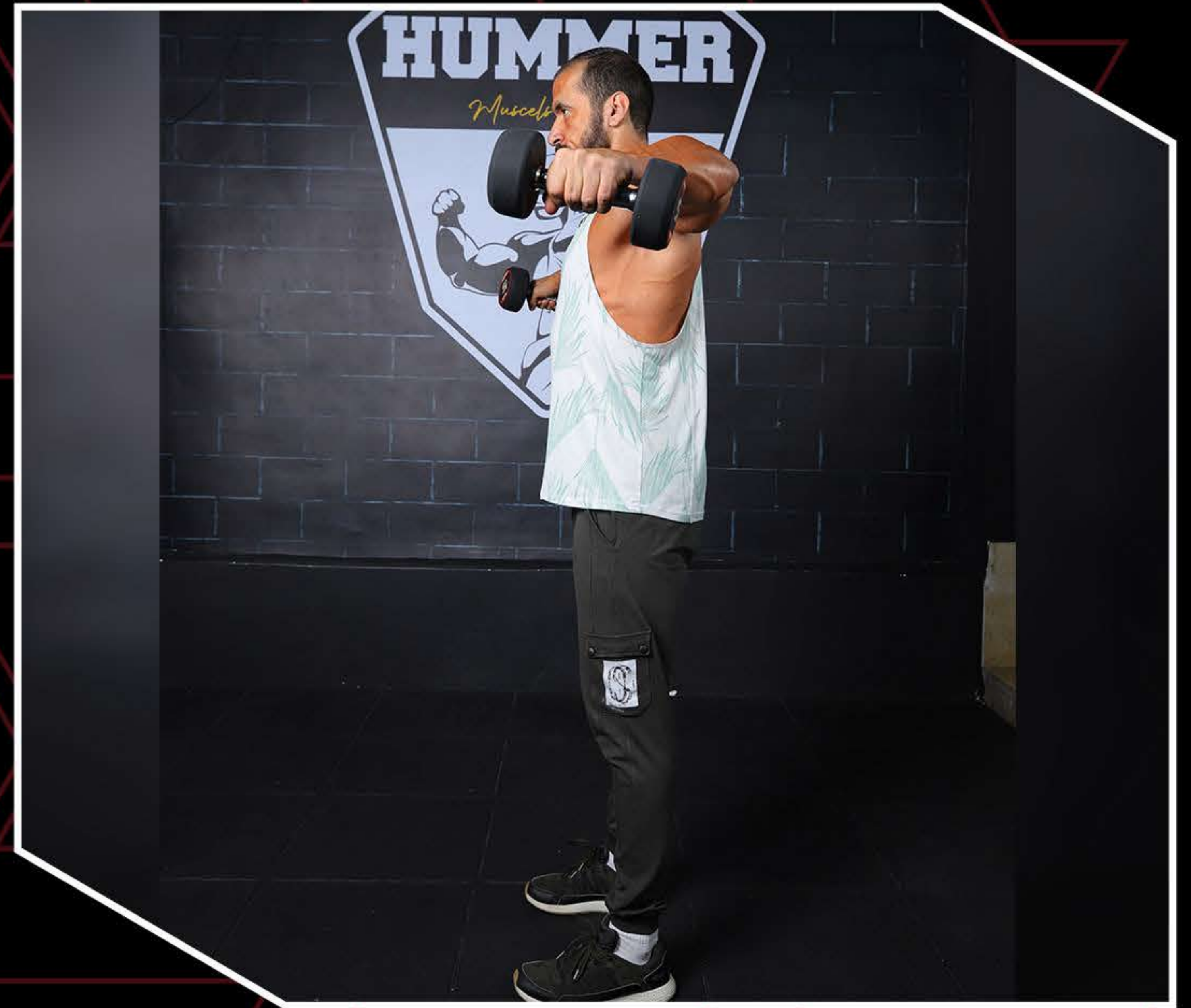
4 SETS FOR 10 REPS

BRONE UPRIGHT ROW



4 SETS FOR 10 REPS

## DUMBBELL LATERAL RAISE



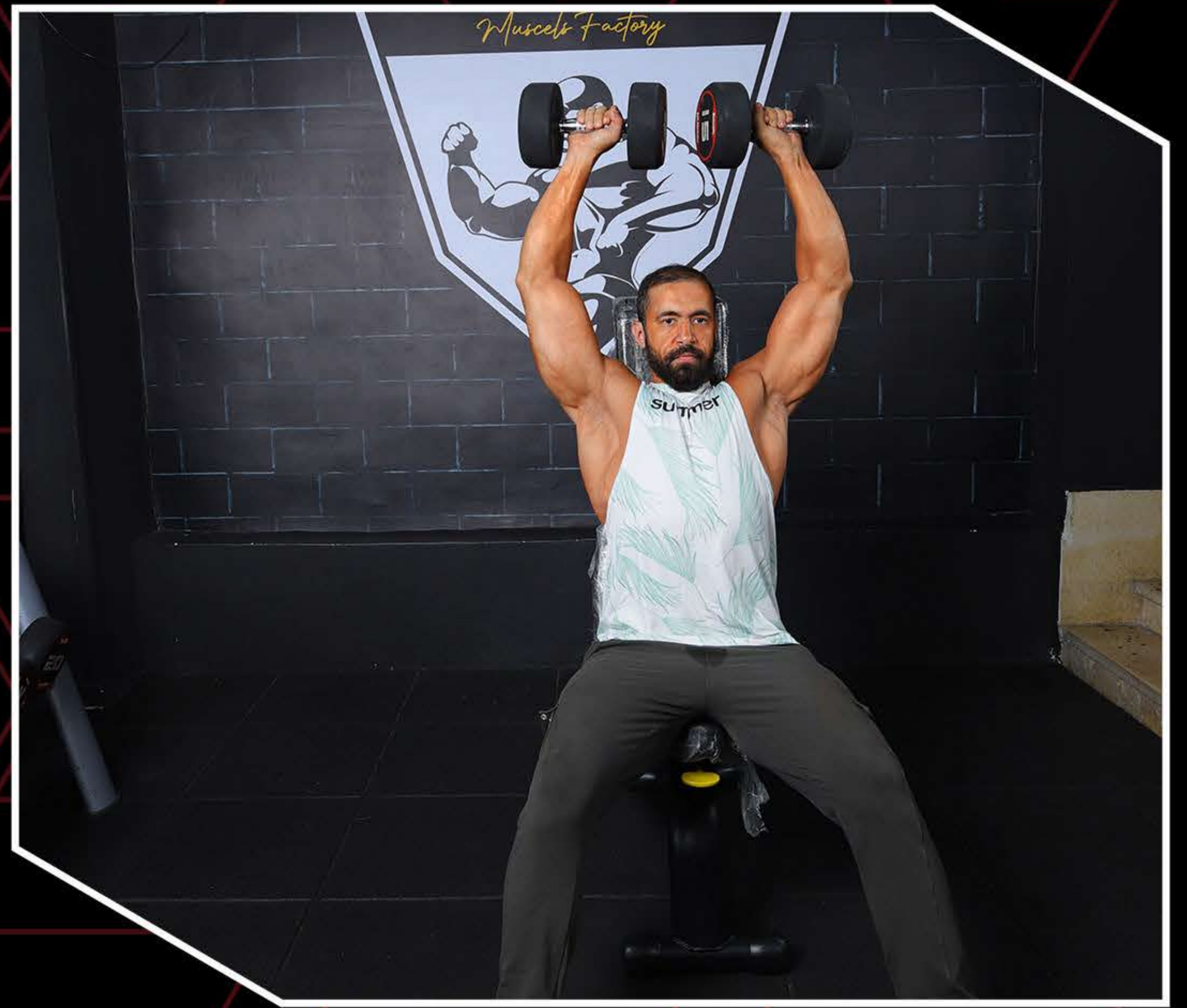
**DROP SET**  
**4 SETS FOR 6,8,10 REPS**

## DUMBBELL FRONT RAISE



**4 SETS FOR 12 REPS**

## DUMBBELL OVERHEAD PRESS



**4 SETS FOR 10 REPS**

## DUMBBELL SHRUG



**4 SETS FOR 12 REPS**

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

# THURSDAY ARMS DAY



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

## EZ BAR CURL



**4 SETS FOR 12 REPS**

## DUMBBELL CURL



## EZ BAR CLOSE GRIP PREACHER CURL



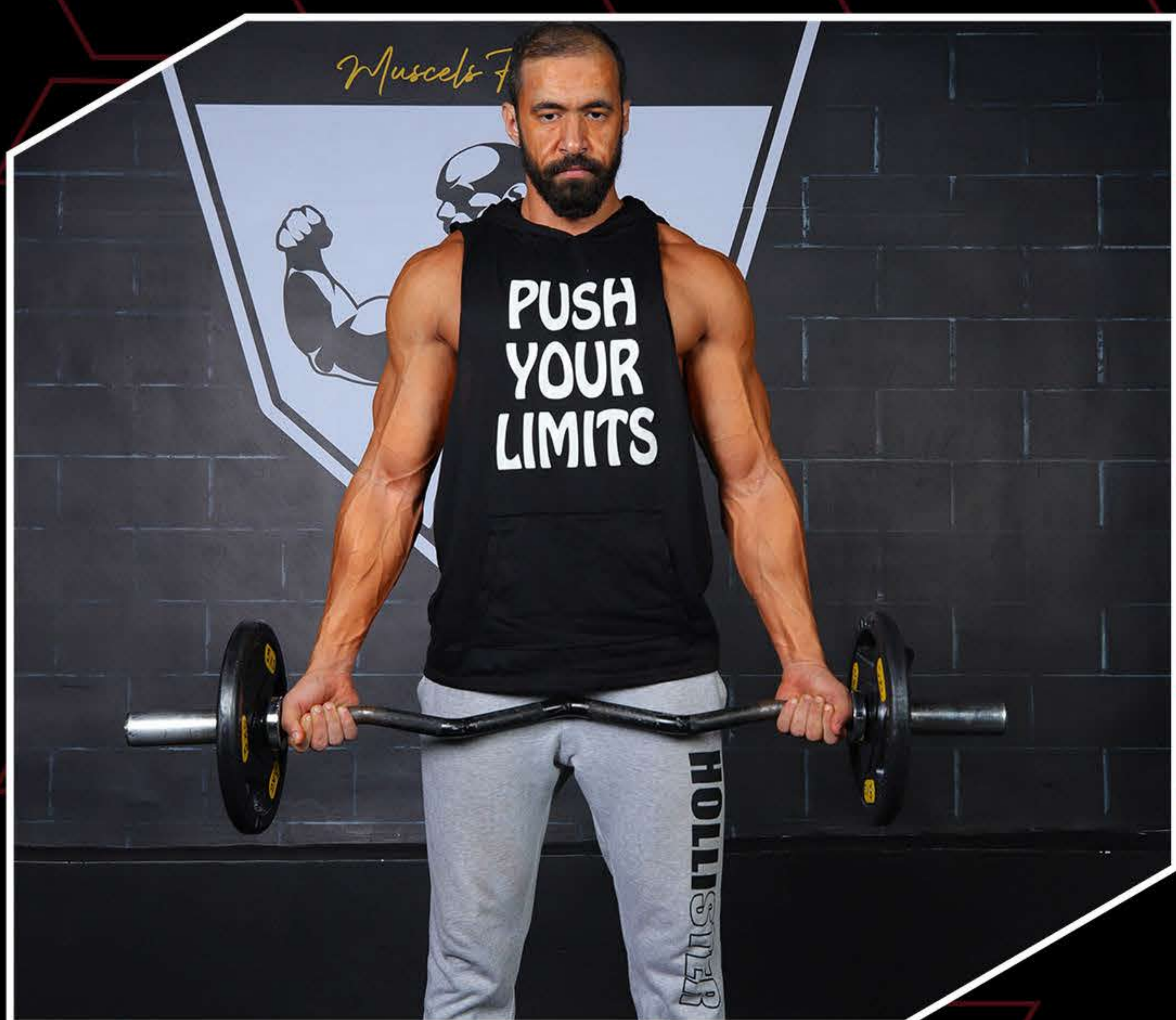
**SUPER SET  
3 SET FOR 10 REPS**

## EZ BAR REVERSE CURL



**4 SETS FOR 12 REPS**

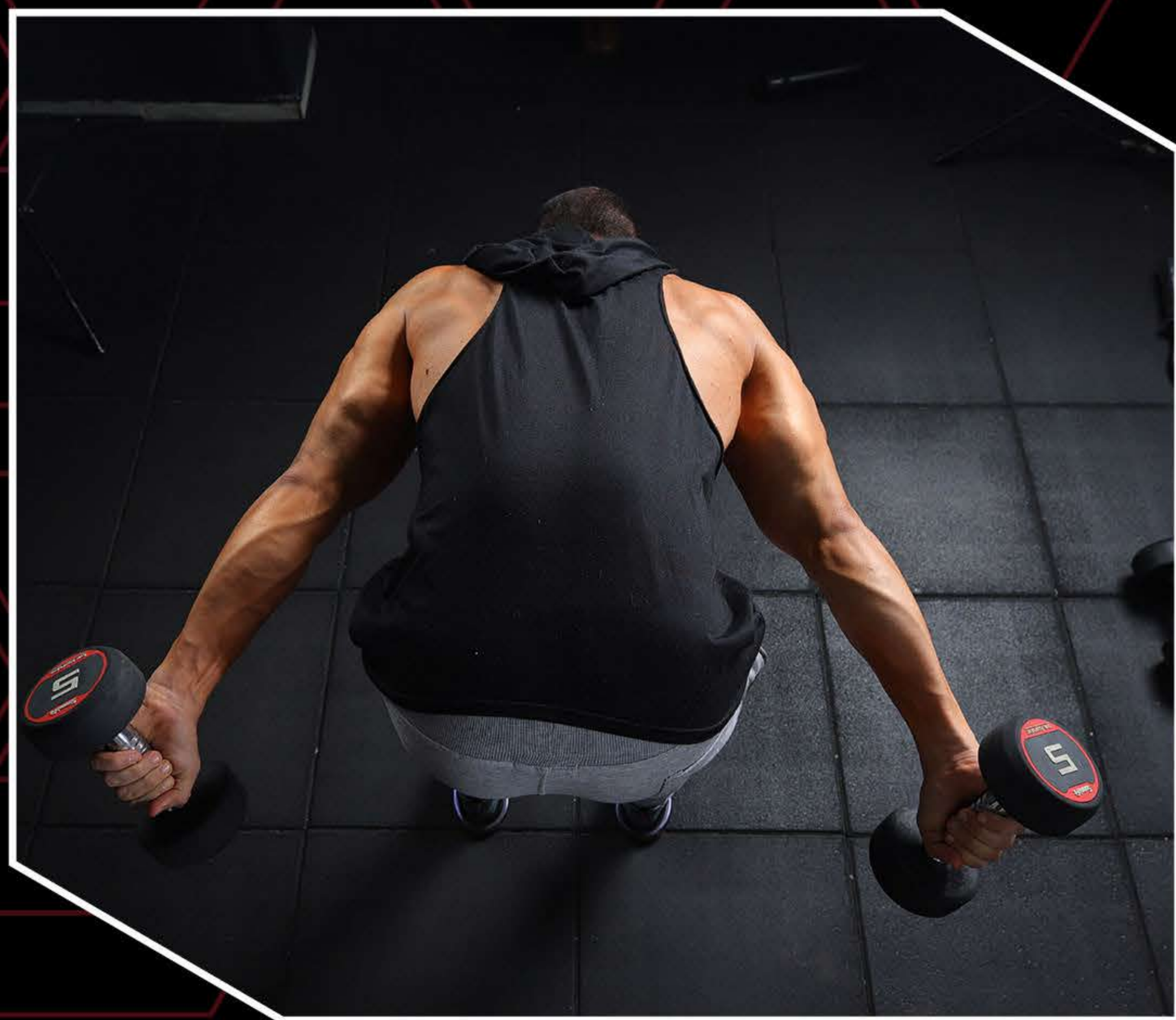
## EZ BAR WIDE GRIP CURL



**4 SETS FOR 10 REPS**



## DUMBBELL KICKBACK



**4 SETS FOR 10 REPS**

## SKULL CRUSHER



**4 SETS FOR 12 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