


WEEKLY TRAINING SCHEDULE

Day 1 - Ngồi & Tay Sau



dumbbell fly

Set	Kg	Rep
1		
2		
3		




chest dip

Set	Kg	Rep
1		
2		
3		
4		



Skull Crusher

Set	Kg	Rep
1		
2		
3		



cable pushdown

Set	Kg	Rep
1		
2		
3		



Skull Crusher

Set	Kg	Rep
1		
2		
3		

Day 2 - Nằm & Tay Trước



barbell bent over row

Set	Kg	Rep
1		
2		
3		



cable lateral pulldown with v-bar

Set	Kg	Rep
1		



cable rope seated row

Set	Kg	Rep
1		
2		



dumbbell one arm shoulder press v. 2

Set	Kg	Rep
1		
2		
3		



cable pushdown

Set	Kg	Rep
1		
2		
3		

Day 3 - Vai




dumbbell one arm shoulder press v. 2

Set	Kg	Rep
1		
2		
3		



cable bench press

Set	Kg	Rep
1		
2		
3		



cable lateral pulldown with v-bar

Set	Kg	Rep
1		
2		
3		



barbell bent over row

Set	Kg	Rep
1		
2		
3		



cable pushdown

Set	Kg	Rep
1		
2		
3		

Day 4 - Chân



barbell jump squat

Set	Kg	Rep
1		
2		
3		



cable lateral pulldown with v-bar

Set	Kg	Rep
1		
2		
3		



cable rope seated row

Set	Kg	Rep
1		
2		
3		



cable lateral pulldown with v-bar

Set	Kg	Rep
1		
2		
3		



dumbbell one arm shoulder press v. 2

Set	Kg	Rep
1		
2		
3		

WEEKLY TRAINING SCHEDULE

Day 5



Skull Crusher

Set	Kg	Rep
1		
2		
3		



barbell bench press

Set	Kg	Rep
1		
2		
3		

Day 6



chest dip

Set	Kg	Rep
1		
2		
3		



chest fly

Set	Kg	Rep
1		