

PUSH PULL LEG - UPPER LOWER

Day 1 - Push



barbell bench press

Set	Kg	Rep
1		
2		
3		




dumbbell incline bench press

Set	Kg	Rep
1		
2		
3		



shoulder press barbell

Set	Kg	Rep
1		
2		
3		



dumbbell fly

Set	Kg	Rep
1		
2		



dumbbell seated lateral raise

Set	Kg	Rep
1		
2		



Skull Crusher


Set	Kg	Rep
1		
2		
3		

Day 2 - Pull



barbell bent over row

Set	Kg	Rep
1		
2		
3		



dumbbell pullover

Set	Kg	Rep
1		
2		
3		



lever t-bar reverse grip row

Set	Kg	Rep
1		
2		
3		




dumbbell upright row

Set	Kg	Rep
1		
2		



barbell shrug

Set	Kg	Rep
1		
2		
3		



Barbell curl

Set	Kg	Rep
1		
2		

Day 3 - Leg




Barbell squat

Set	Kg	Rep
1		
2		
3		



dumbbell romanian deadlift

Set	Kg	Rep
1		
2		
3		



Lunges

Set	Kg	Rep
1		
2		



Standing dumbbell one-leg calf raise

Set	Kg	Rep
1		
2		



knee touch crunch

Set	Kg	Rep
1		
2		
3		



Plank

Set	Kg	Rep
1		
2		

Day 4 - Cardio










chạy bộ

Set	Kg	Rep
1		

PUSH PULL LEG - UPPER LOWER

Day 5 - Upper

	barbell incline bench press	Set	Kg	Rep
		1		
		2		
		3		
	pull-up	Set	Kg	Rep
		1		
		2		
		3		
	chest dip	Set	Kg	Rep
		1		
		2		
		3		
	dumbbell row	Set	Kg	Rep
		1		
		2		
	Dumbbell shoulder press	Set	Kg	Rep
		1		
		2		
	Dumbbell curl	Set	Kg	Rep
		1		
		2		
	Triceps kick back	Set	Kg	Rep
		1		
		2		

Day 7 - Cardio

	chạy bộ	Set	Kg	Rep
		1		

Day 6 - Lower

	Sumo dumbbell squat	Set	Kg	Rep
		1		
		2		
		3		
	barbell romanian deadlift	Set	Kg	Rep
		1		
		2		
		3		
	Bulgarian split squat	Set	Kg	Rep
		1		
		2		
	Standing dumbbell one-leg calf raise	Set	Kg	Rep
		1		
		2		
	hanging leg raise	Set	Kg	Rep
		1		
		2		
		3		
	Abs wheel	Set	Kg	Rep
		1		
		2		
		3		