

Antrenman				
Göğüs	Barbell Incline press	4-set 12-10-8-6	Triceps	Cable incline triceps extension
	Incline dumbbell fly			lying triceps ext
	Incline dumbbell press			dumbbell triceps extension
	cable cross			
Sırt	bent over barbell row	4x12-10-8-6	Biceps	alternate dumbbell curl
	Reverse grip pulldown ters tutuş			cable hammer curl
	T Bar row			z bar curl
	wide grip cable row			
Bacak	Front Squat	3x20-15	Omuz	smith machine military press
	Leg Press			Seated Dumbbell Lateral Raise
	leg extension			arnold press
	hamstring curls			bent over lateral raises