

TRAINING

By muscle group



WORKOUT SHEET BY MUSCLE GROUP

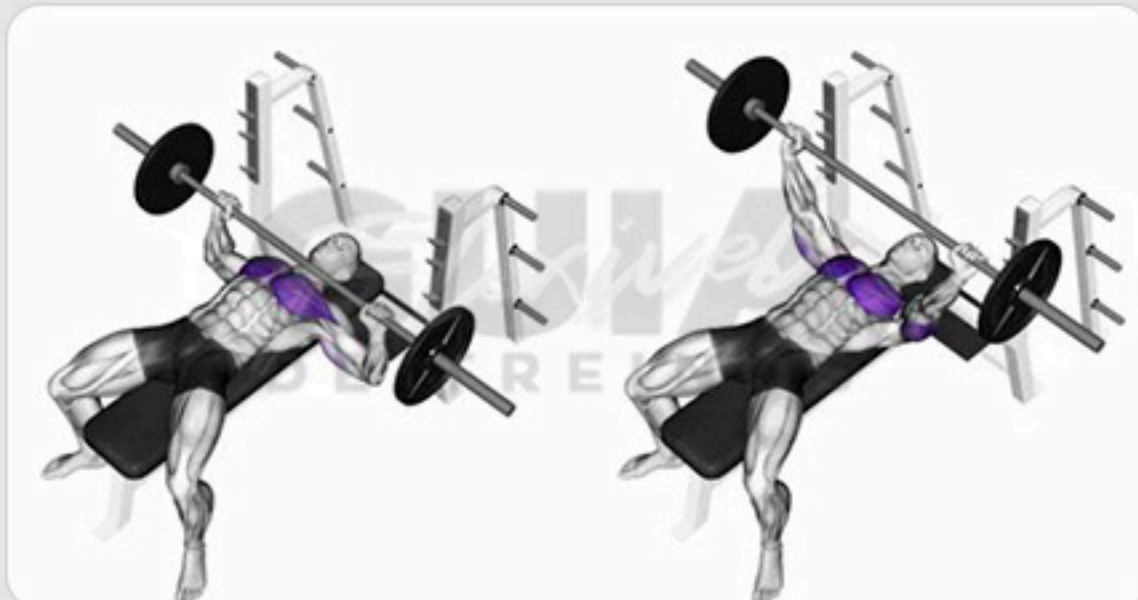
—

HOME WORKOUT PROGRAMS FOCUSED ON A SPECIFIC MUSCLE, GROUP, OR GOAL, MAXIMIZING YOUR DESIRED RESULTS.

Remember to adjust the weight according to your ability and fitness level. And don't forget to warm up before your workout and stretch afterward.

Choose the exercises that best suit your taste and goals.

CHEST



BENCH PRESS

SETS

3 - 4

REPS

10-12



1 TO 2
Min

INTERVALS

CHEST



INCLINE BENCH PRESS

SETS

3 - 4

REPS

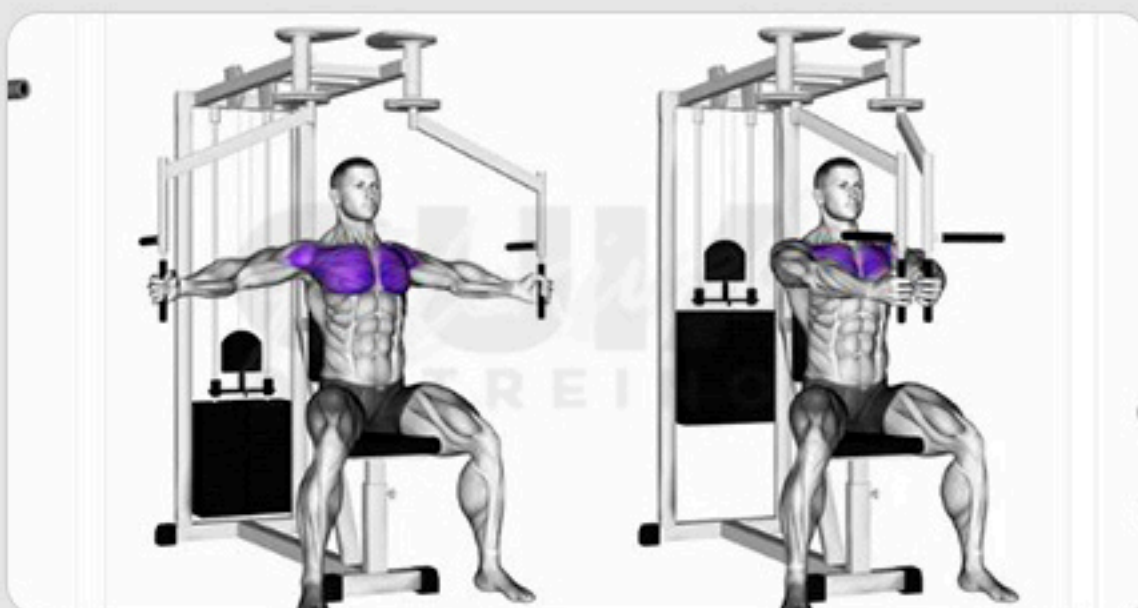
10-12



1 TO 2
Min

INTERVALS

CHEST



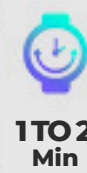
PEC DECK MACHINE

SETS

3

REPS

12-15



1 TO 2
Min

INTERVALS

CHEST



DUMBBELL PULLOVER

SETS

3 - 4

REPS

10-12



1 TO 2
Min

INTERVALS

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CHEST



PUSH UPS

SETS

3

REPS

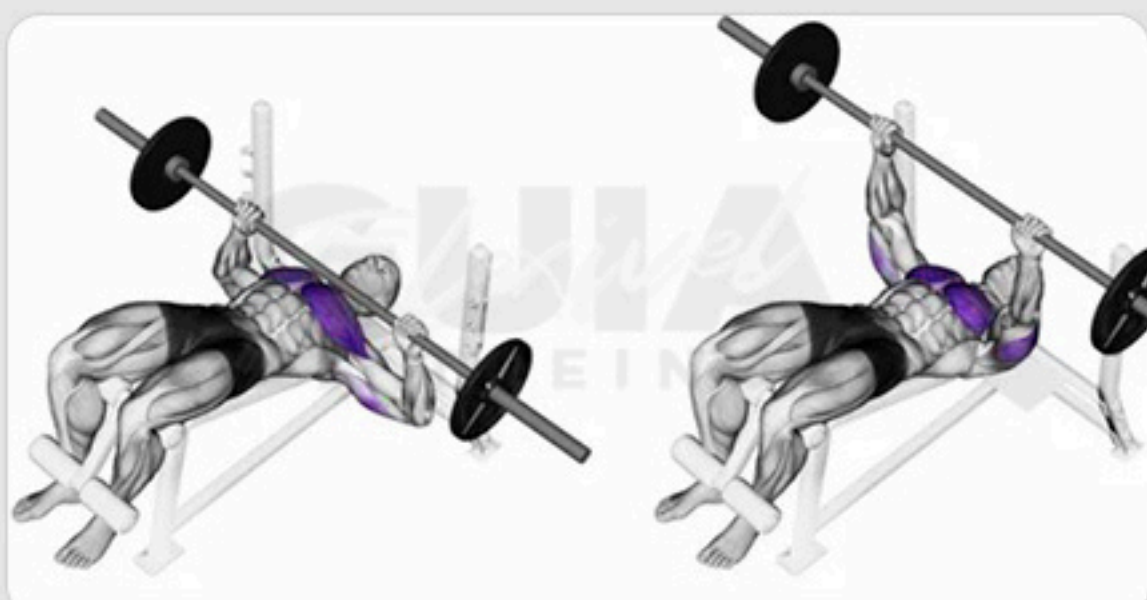
15-20



1 TO 2
Min

INTERVALS

CHEST



DECLINE BENCH PRESS

SETS

3 - 4

REPS

10-12



1 TO 2
Min

INTERVALS

CHEST



CHEST PRESS MACHINE

SETS

3

REPS

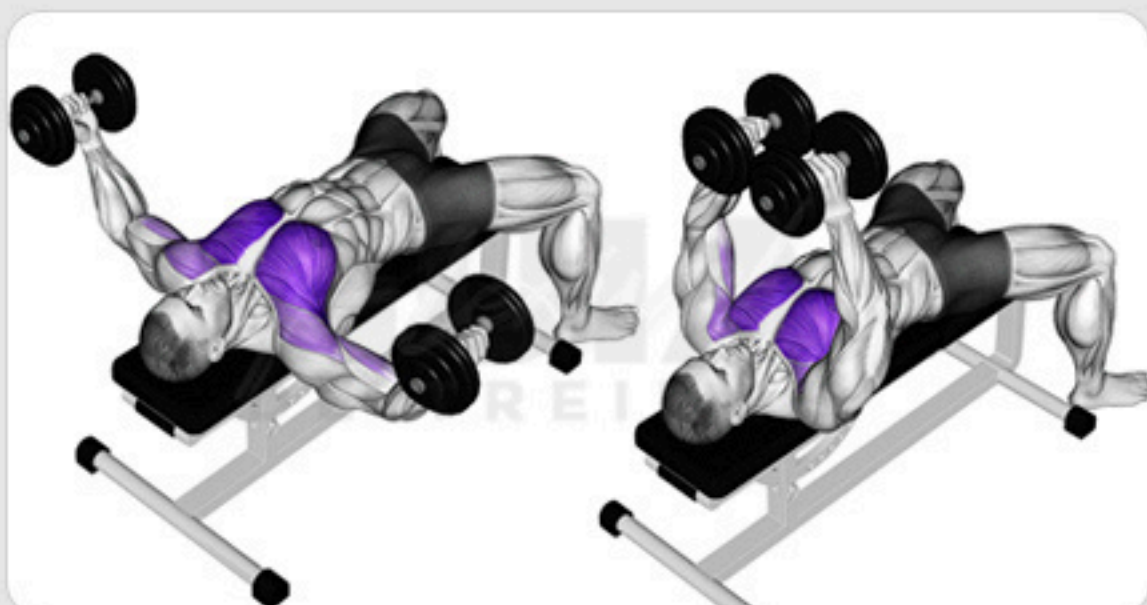
10-12



1 TO 2
Min

INTERVALS

CHEST



DUMBBELL FLY

SETS

3 - 4

REPS

10-12



1 TO 2
Min

INTERVALS

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TRICEPS



LYING TRICEPS EXTENSION

SETS

3 - 4

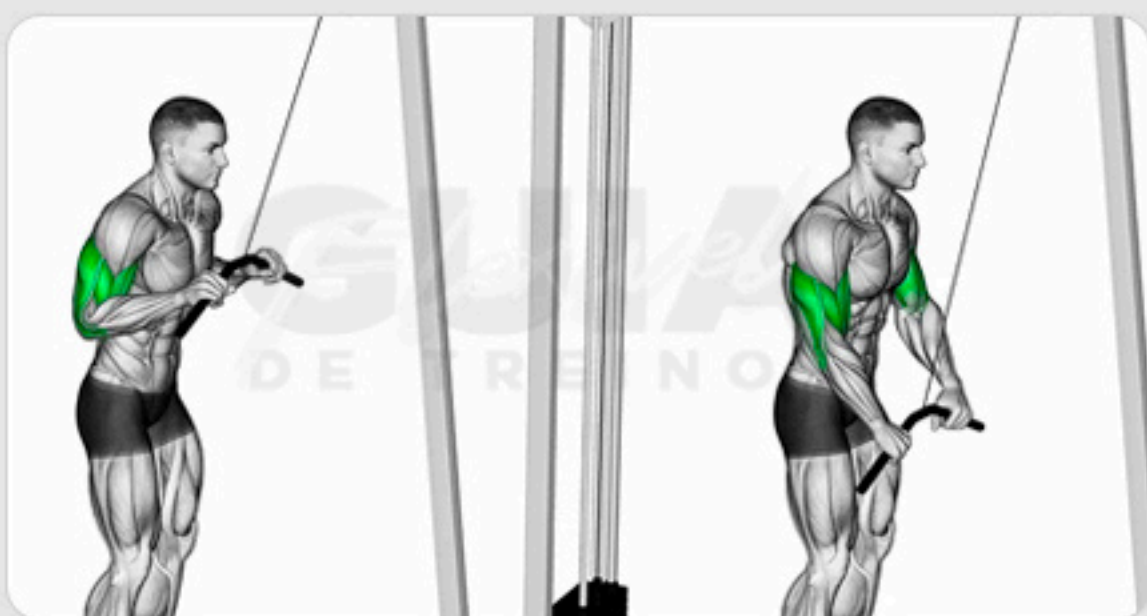
REPS

8 - 12



INTERVALS

TRICEPS



TRICEPS PUSHDOWN

SETS

3 - 4

REPS

10 - 15



INTERVALS

TRICEPS



TRICEPS DIPS

SETS

3 - 4

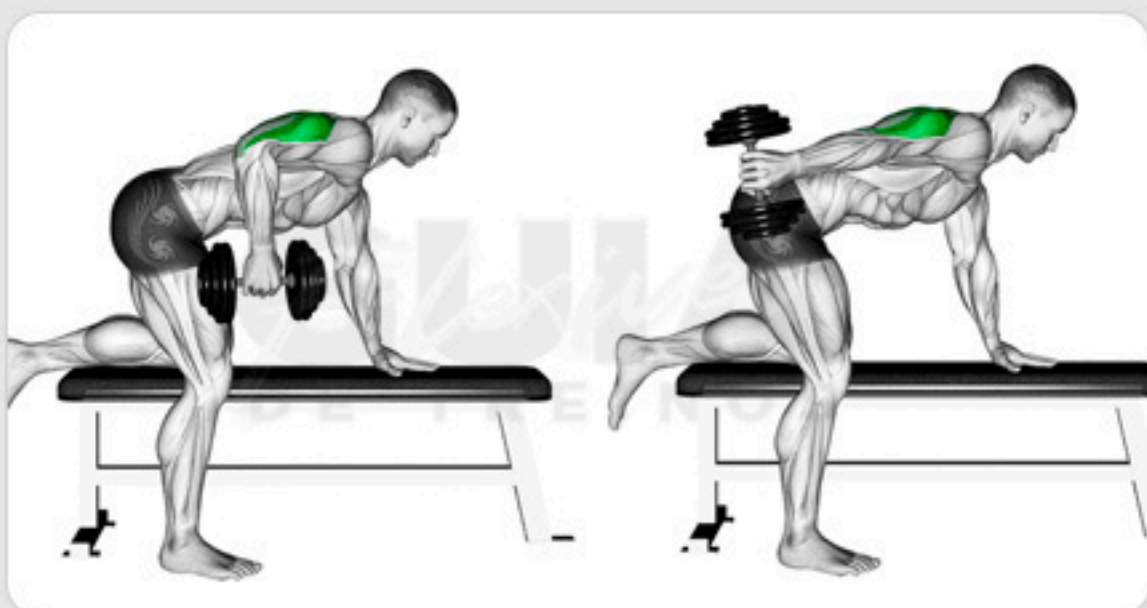
REPS

8 - 12



INTERVALS

TRICEPS



DUMBBELL TRICEPS KICKBACK

SETS

3

REPS

12 - 15



INTERVALS

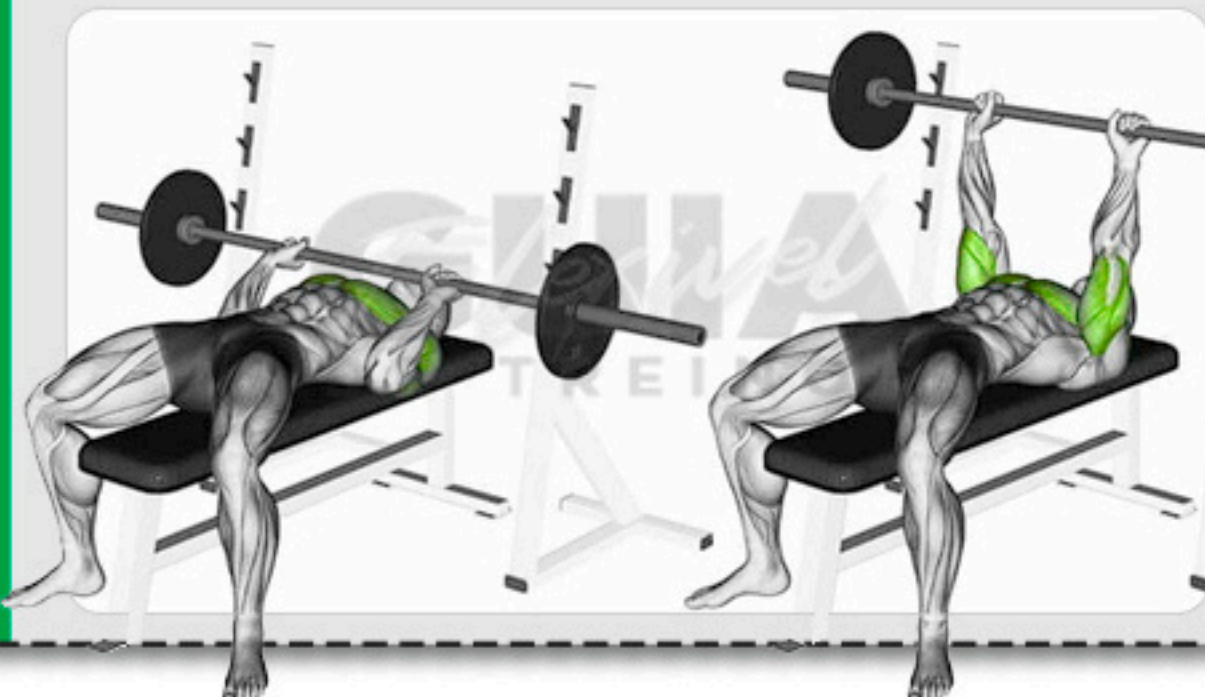
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TRICEPS



CLOSE GRIP BENCH PRESS

SETS

3 - 4

REPS

8 - 10



INTERVALS

TRICEPS



LOW PULLEY TRICEPS KICKBACK

SETS

3 - 4

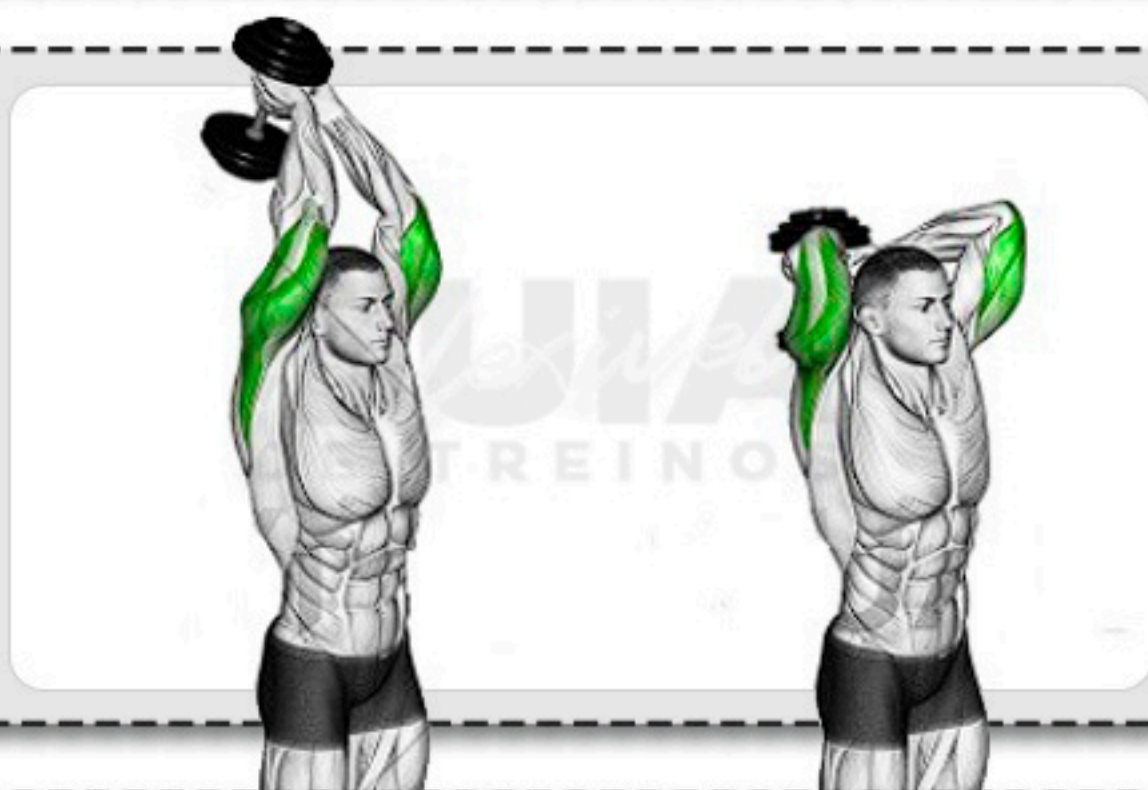
REPS

10 - 12



INTERVALS

TRICEPS



OVERHEAD TRICEPS EXTENSION

SETS

3 - 4

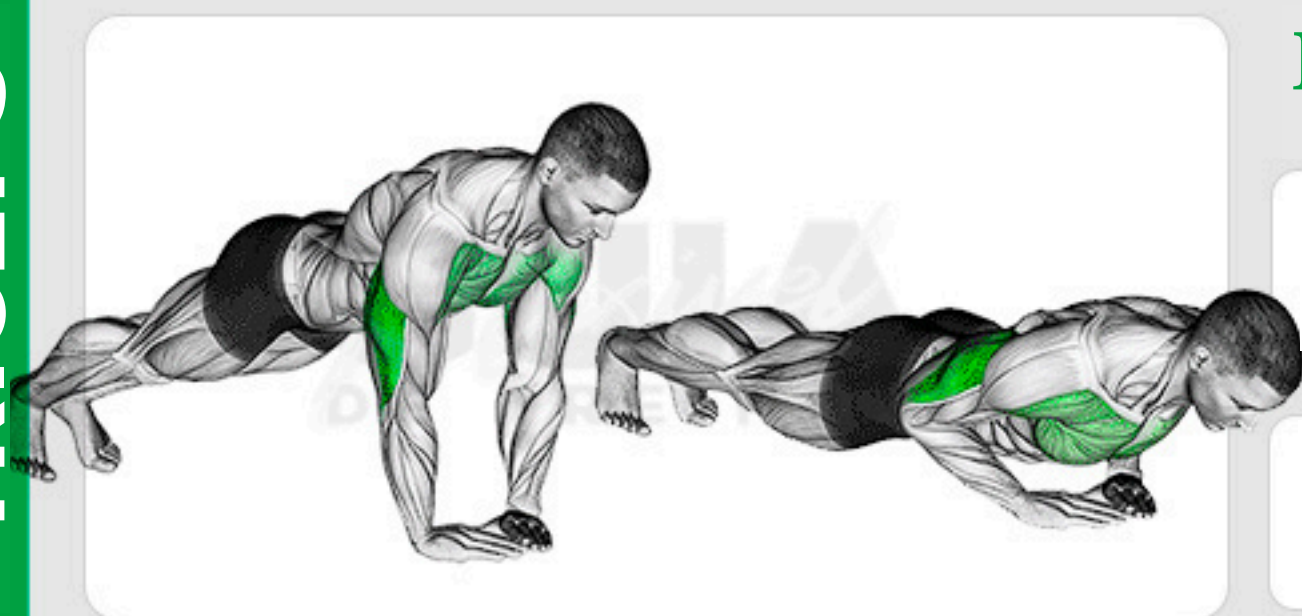
REPS

8 - 12



INTERVALS

TRICEPS



DIAMOND PUSH-UPS

SETS

3

REPS

12 - 15



INTERVALS

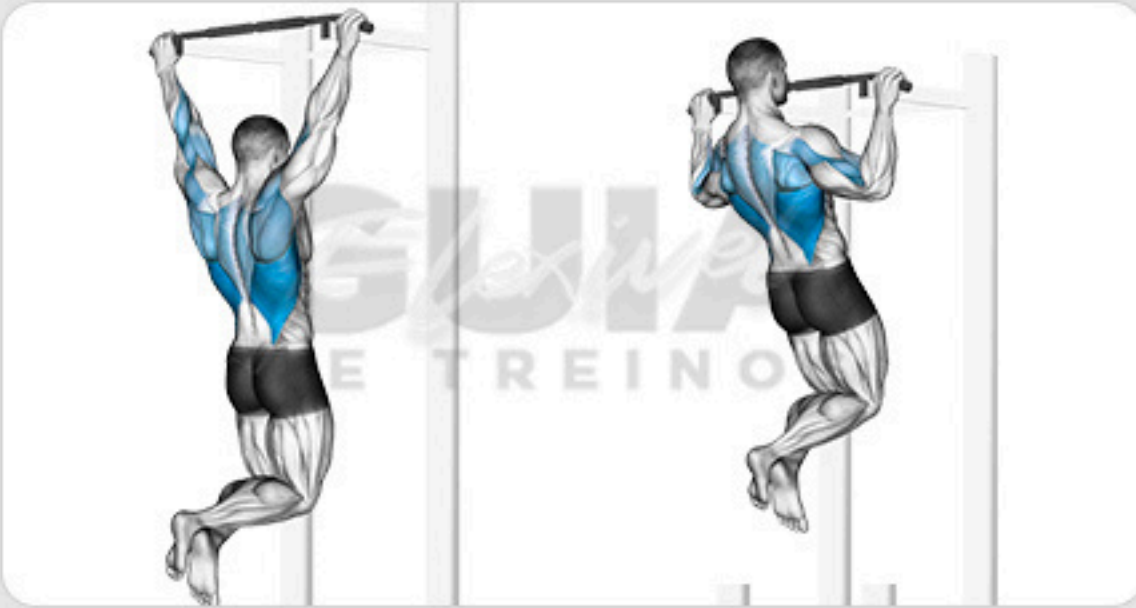
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BACK



PULL-UPS

SETS

3

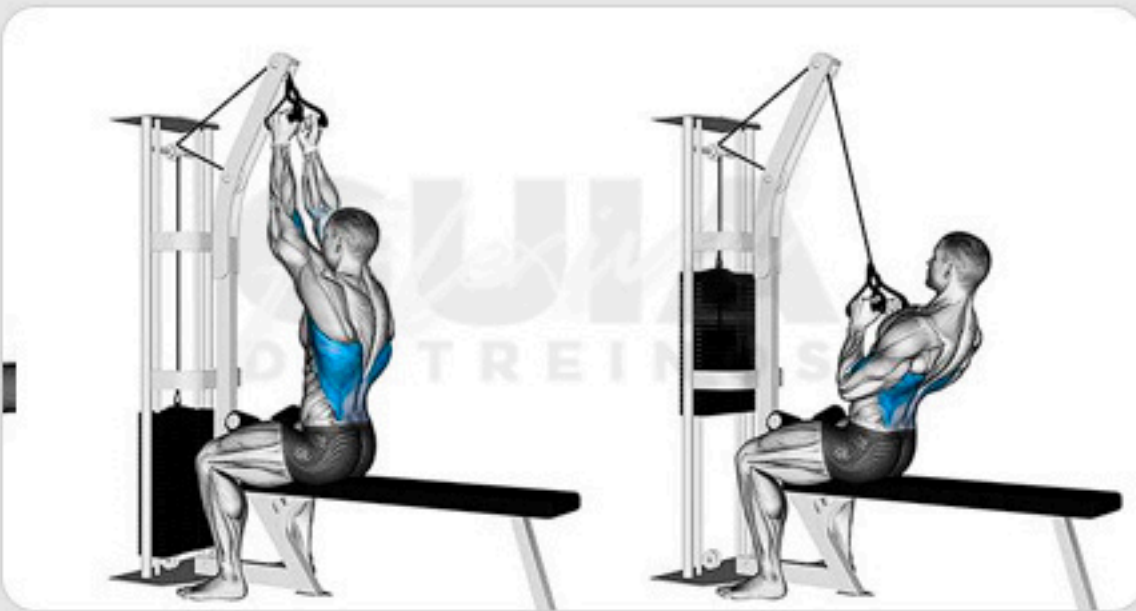
REPS

8 - 10



1 TO 2
Min
INTERVALS

BACK



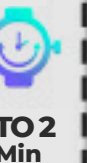
LAT PULLDOWN

SETS

3

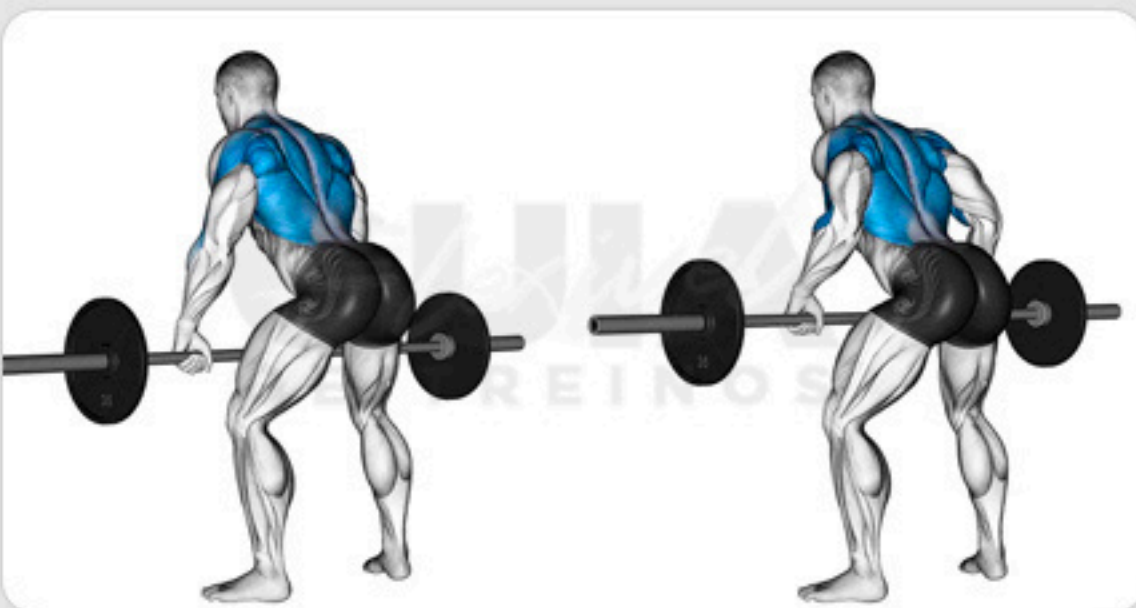
REPS

10 - 12



1 TO 2
Min
INTERVALS

BACK



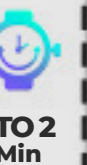
BENT-OVER ROWS

SETS

3

REPS

10 - 12



1 TO 2
Min
INTERVALS

BACK



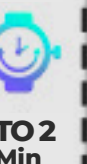
CABLE PULLDOWN

SETS

3

REPS

12 - 15



1 TO 2
Min
INTERVALS

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BACK



WIDEGRIP PULLDOWN

SETS

4



REPS

10 - 12

INTERVALS

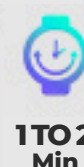
BACK



DUMBBELL ROW

SETS

3

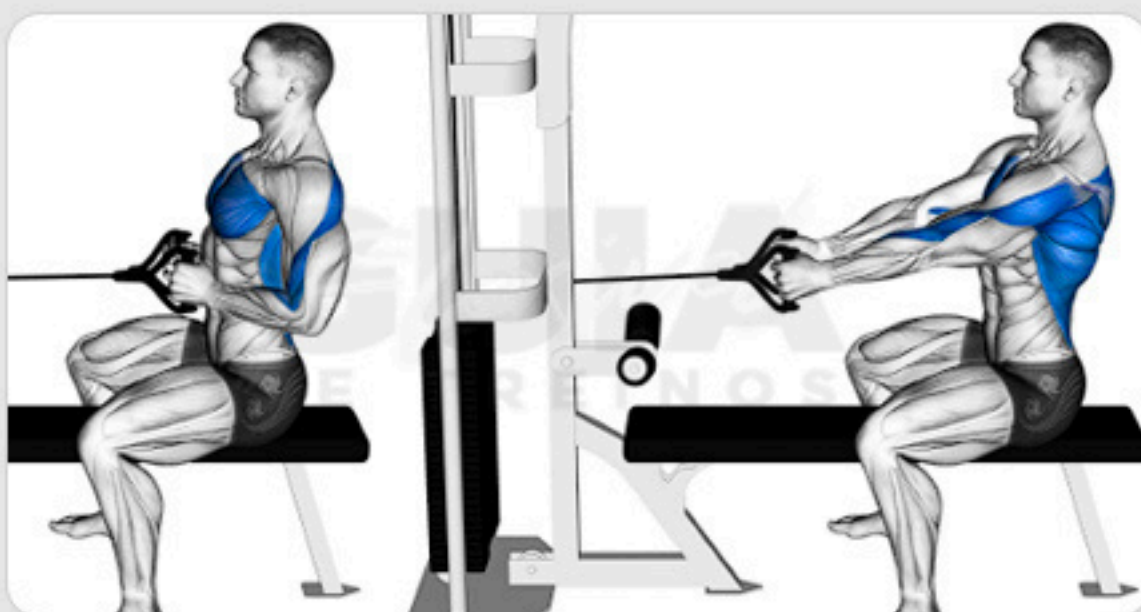


REPS

10 - 12

INTERVALS

BACK



SEATED CABLE ROW

SETS

4

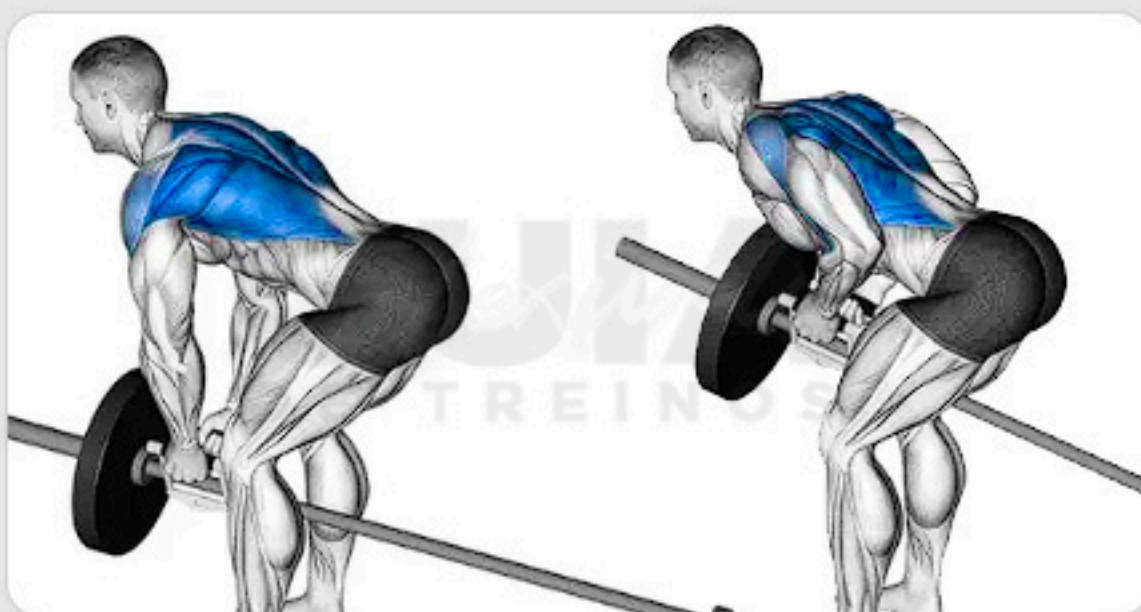


REPS

10 - 12

INTERVALS

BACK



T-BAR ROW

SETS

4



REPS

8 - 10

INTERVALS

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BICEPS



BARBELL BICEPS CURL

SETS

3 - 4

REPS

8 - 12



INTERVALS

BICEPS



DUMBBELL ALTERNATE CURL

SETS

3 - 4

REPS

10 - 12



INTERVALS

BICEPS



PREACHER CURLS

SETS

3 - 4

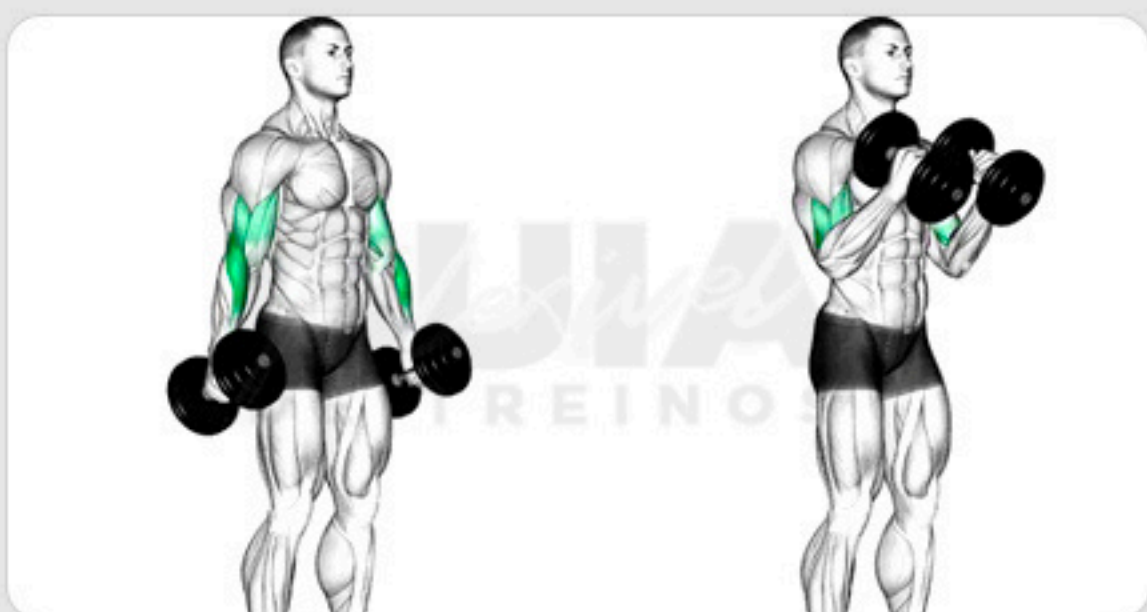
REPS

8 - 10



INTERVALS

BICEPS



HAMMER CURLS

SETS

3 - 4

REPS

10 - 12



INTERVALS

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BICEPS



CONCENTRATION CURL

SETS

3 - 4

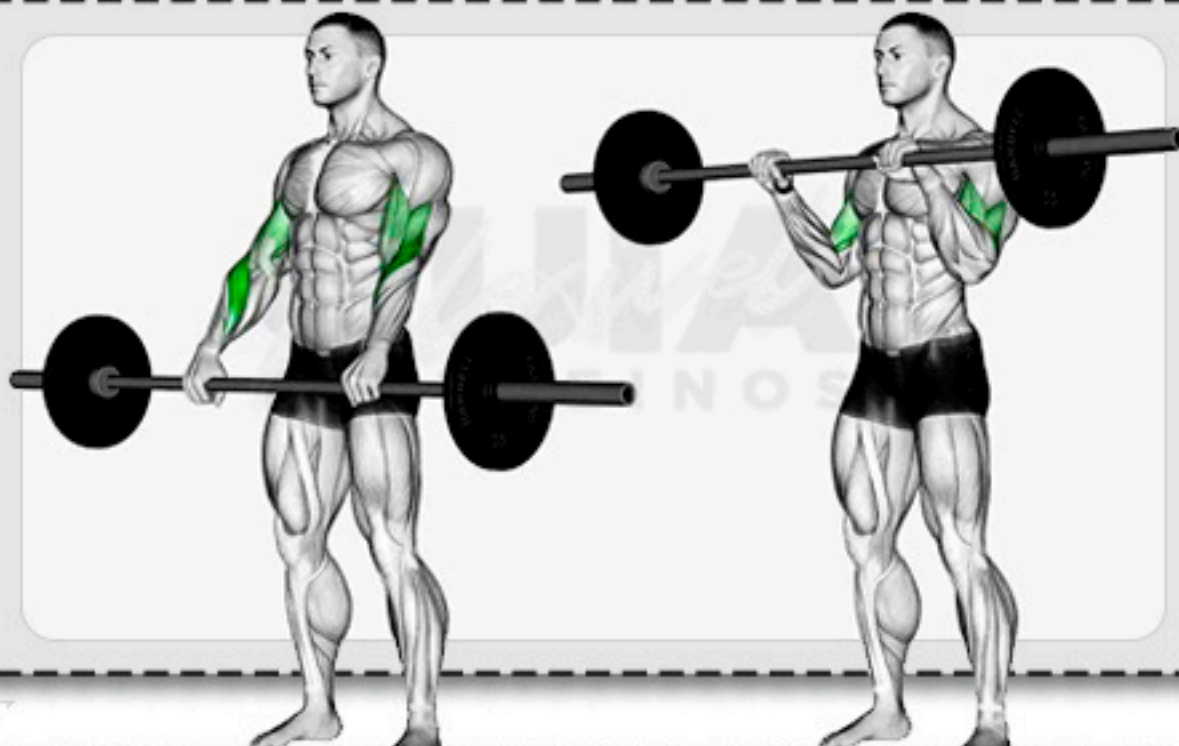
REPS

8 - 12



INTERVALS

BICEPS



REVERSE BICEPS CURLS

SETS

3 - 4

REPS

10 - 12



INTERVALS

BICEPS



BICEPS CURLS 21s

SETS

3 - 4

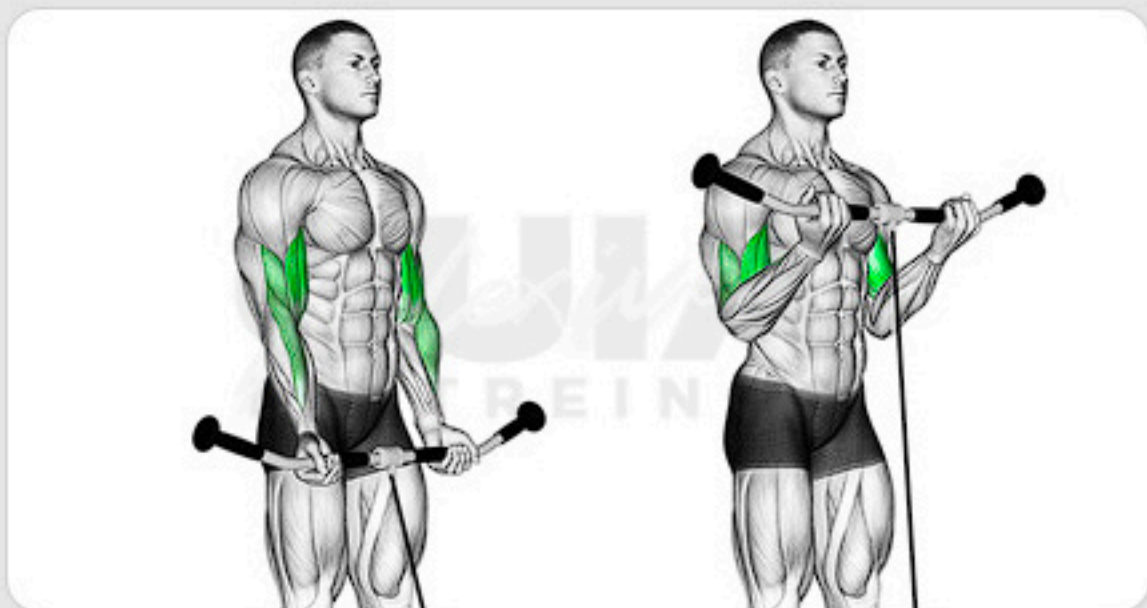
REPS

8 - 10



INTERVALS

BICEPS



CABLE CURLS

SETS

3 - 4

REPS

10 - 12



INTERVALS

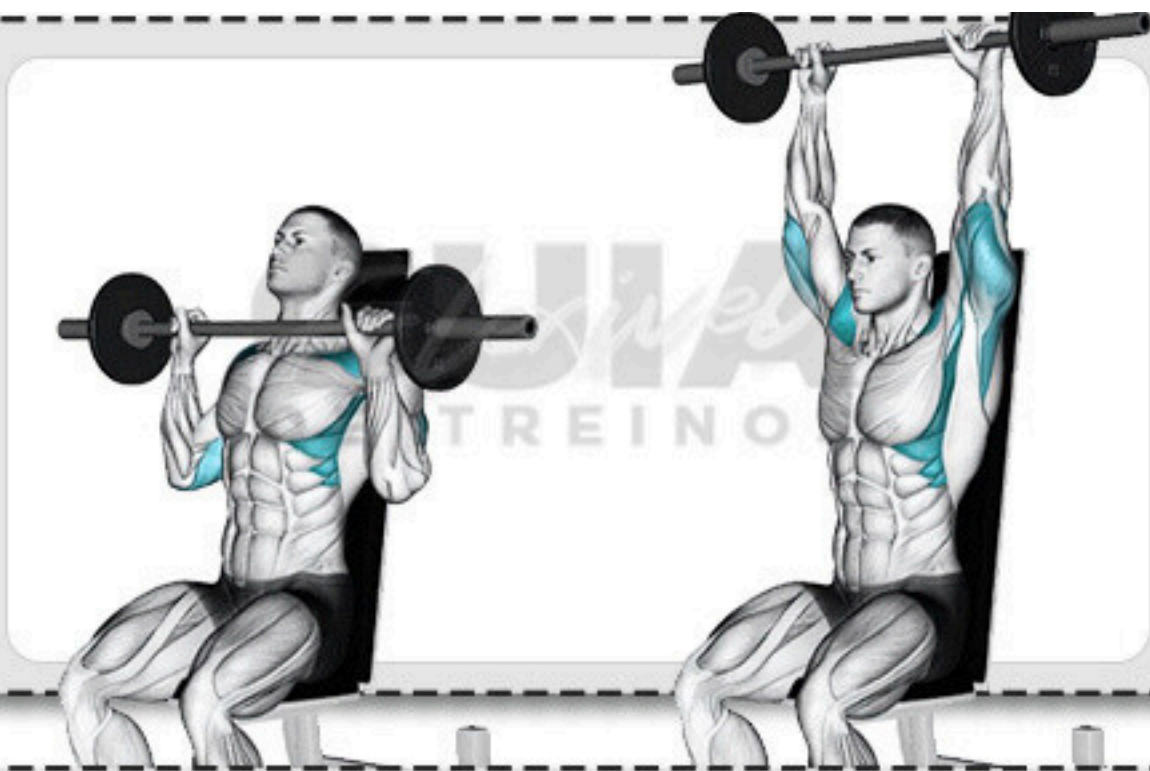
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SHOULDER



BARBELL MILITARY PRESS

SETS

4

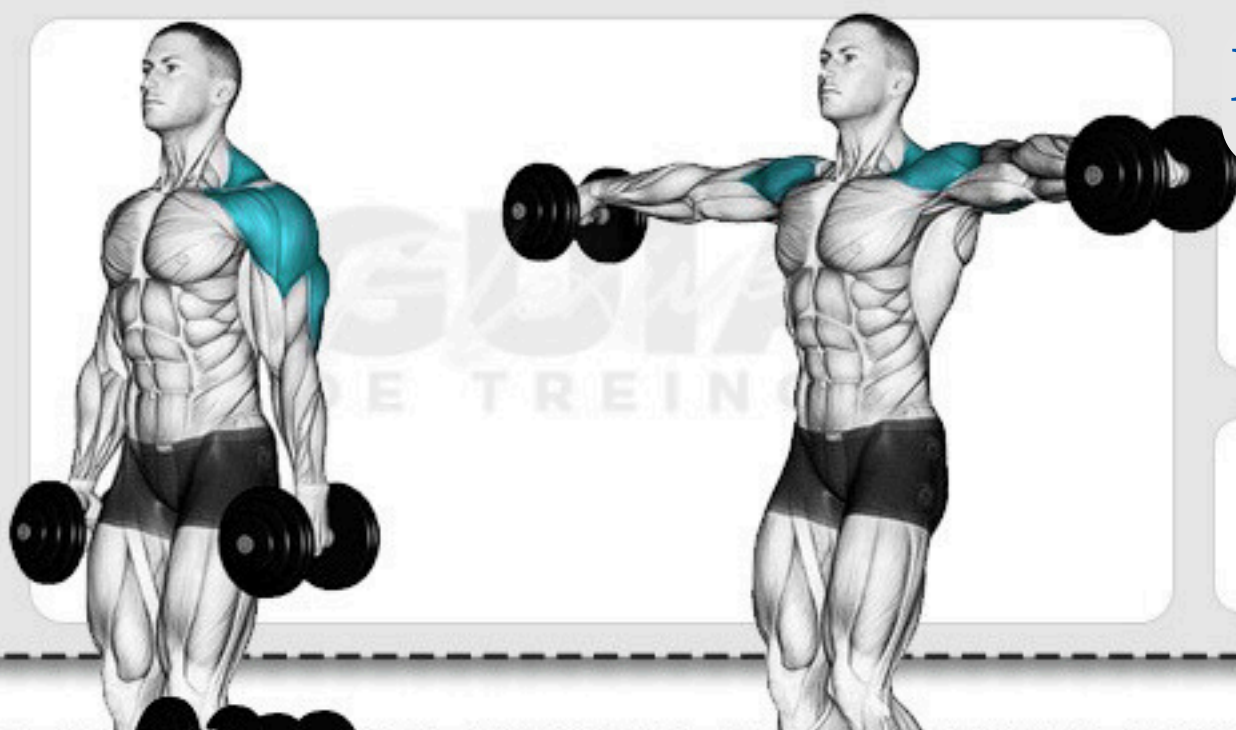


REPS

8 - 10

INTERVALS

SHOULDER



LATERAL RAISES

SETS

4

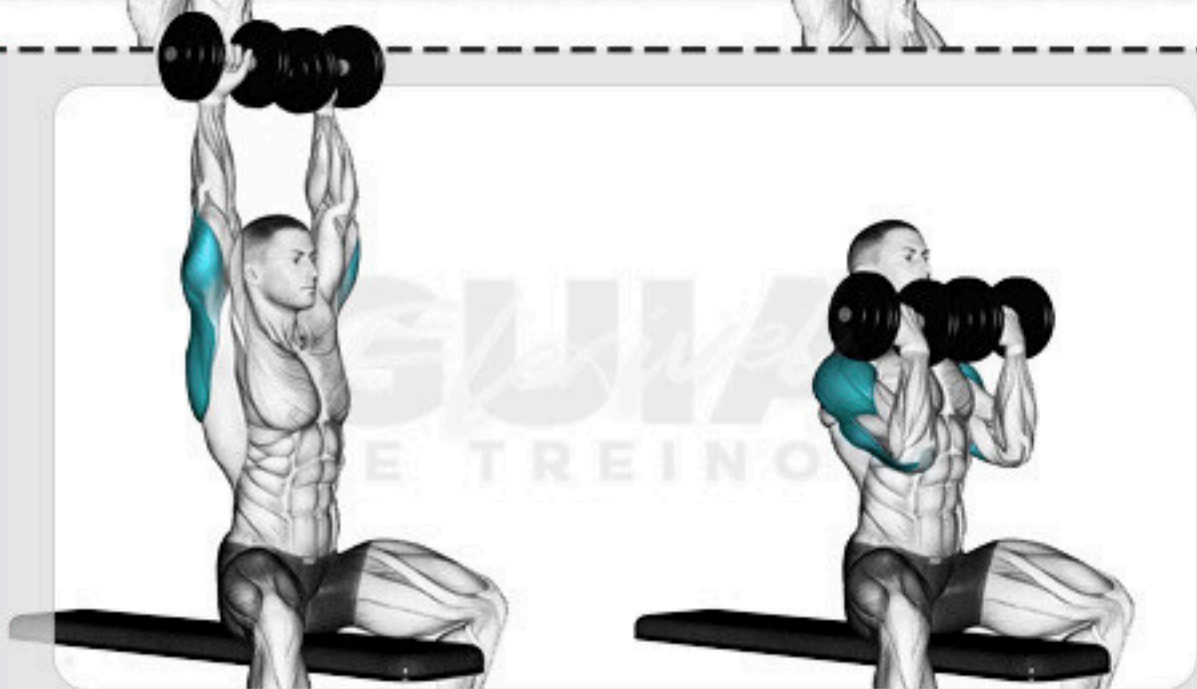


REPS

12 - 15

INTERVALS

SHOULDER



ARNOLD PRESS

SETS

3



REPS

10

INTERVALS

SHOULDER



FRONT RAISES

SETS

4



REPS

10

INTERVALS

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SHOULDER



CABLE LATERAL RAISE

SETS

4

REPS

12 - 15



INTERVALS

SHOULDER



REVERSE PEC DECK FLY

SETS

4

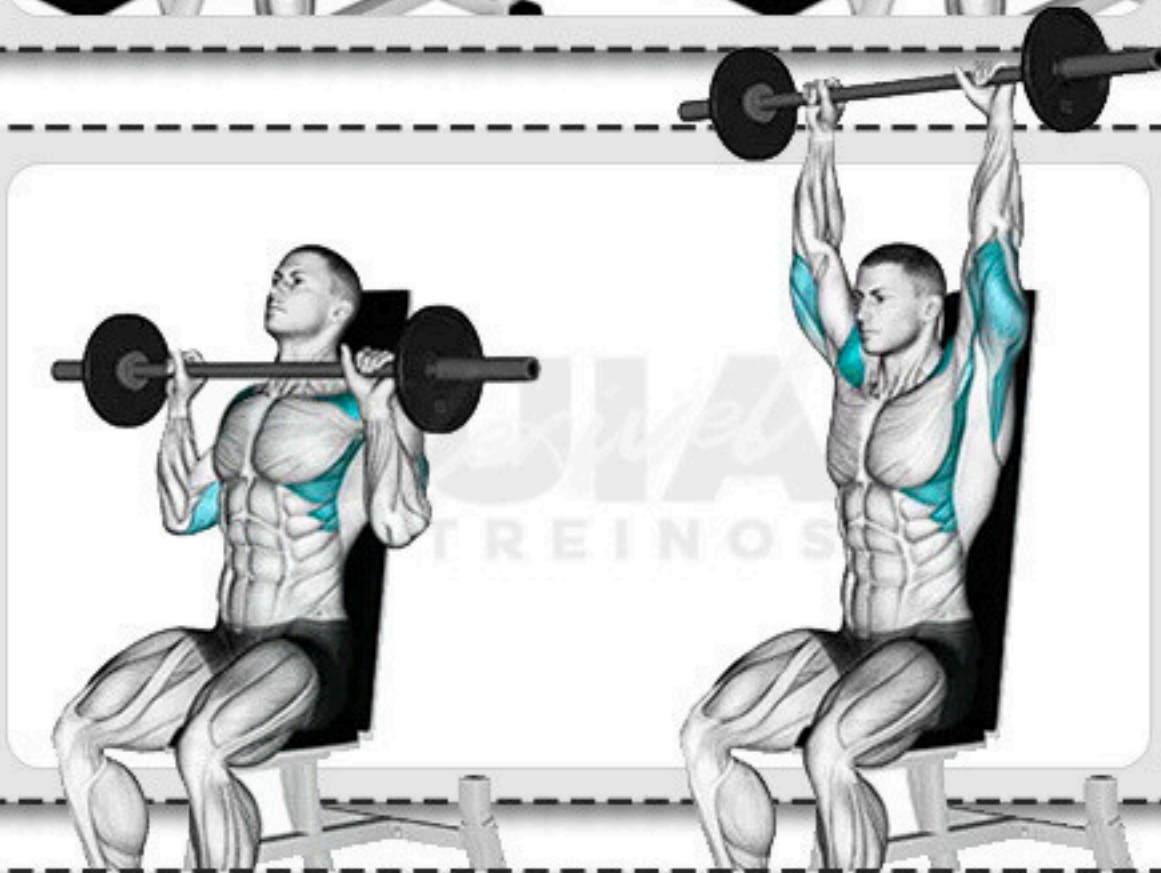
REPS

12 - 15



INTERVALS

SHOULDER



BARBELL OR DUMBBELL PRESS

SETS

3

REPS

10



INTERVALS

SHOULDER



HIGH PULLEY ROW

SETS

4

REPS

10



INTERVALS

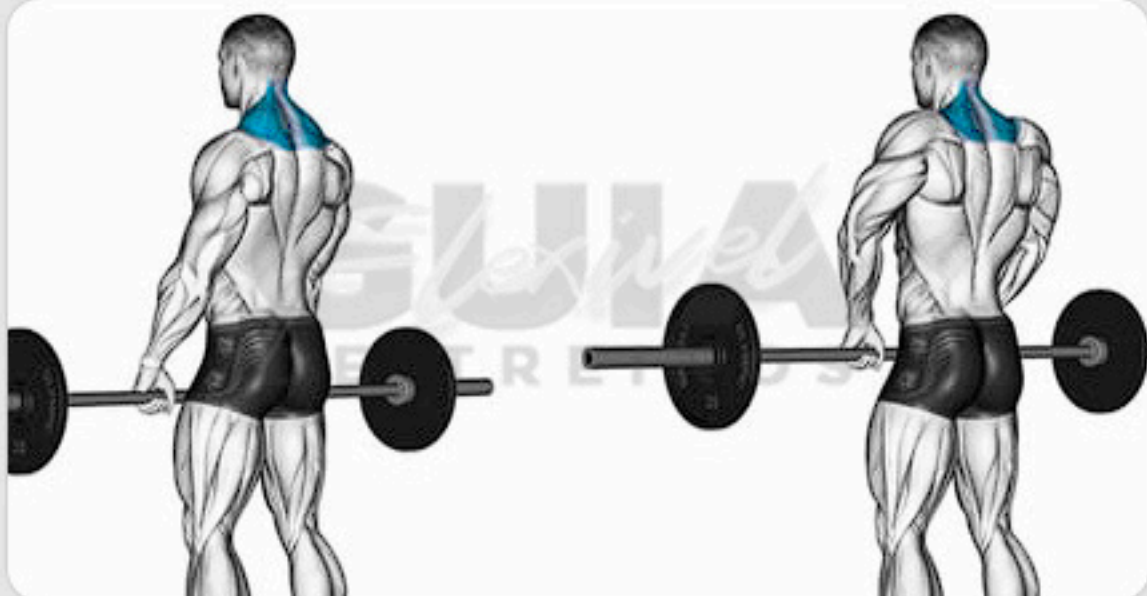
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TRAPEZIUS



BARBELL SHRUG

SETS

4

REPS

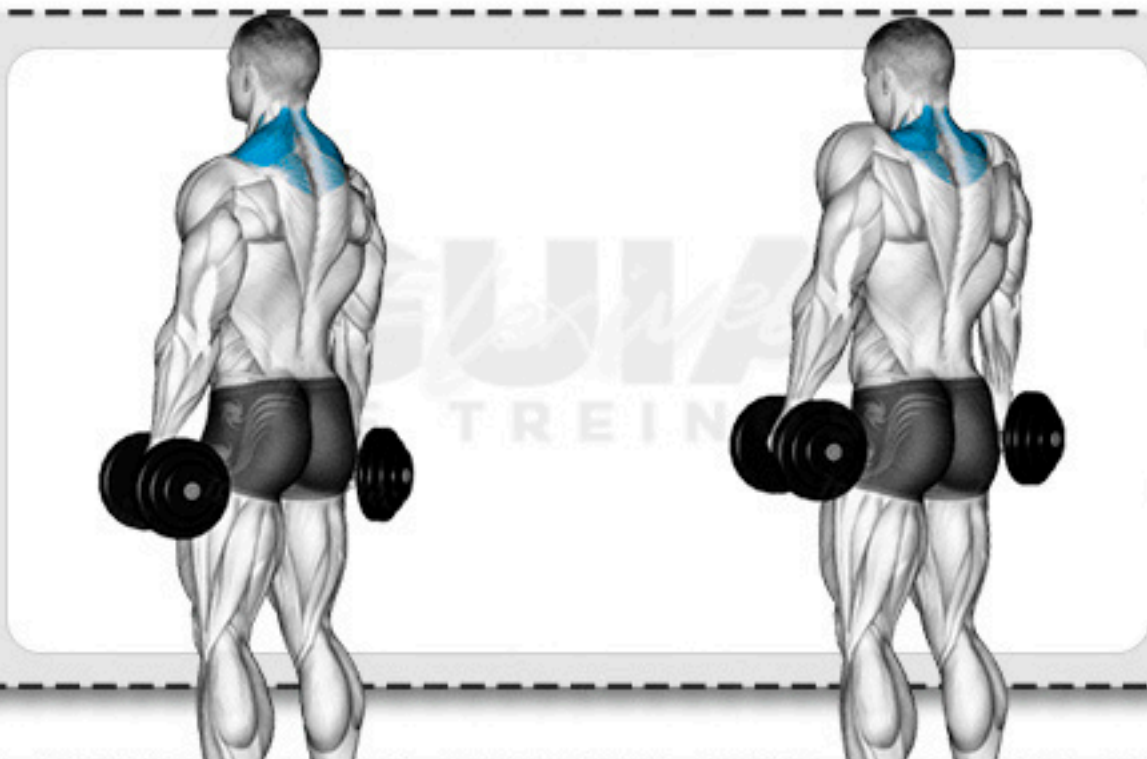
12



1 TO 2
Min

INTERVALS

SHOULDER



DUMBBELL SHRUG

SETS

4

REPS

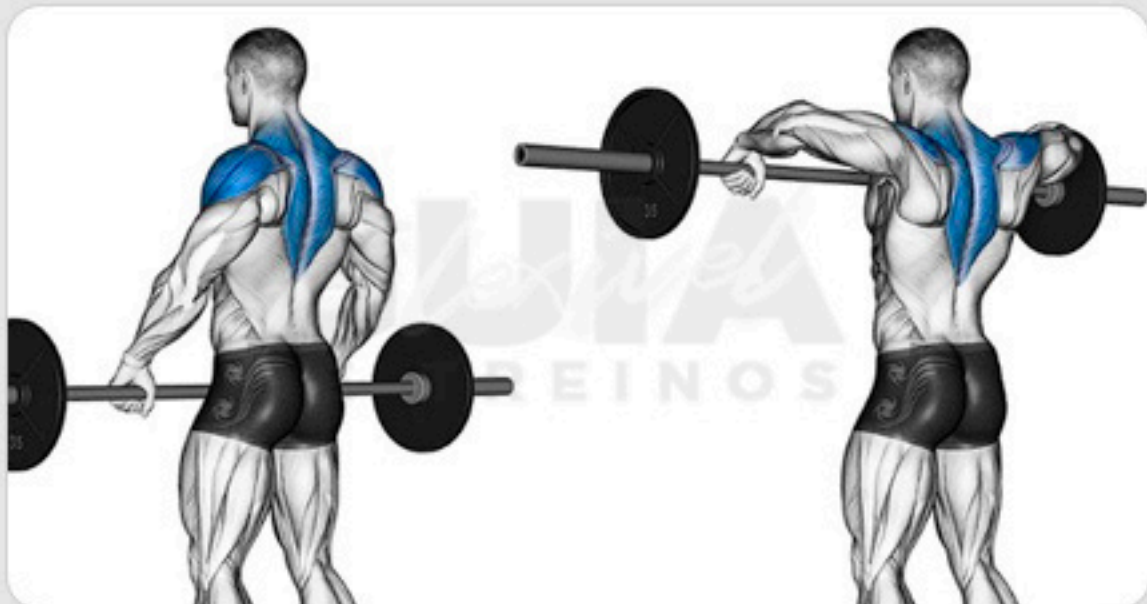
12



1 TO 2
Min

INTERVALS

SHOULDER



UPRIGHT ROW

SETS

3

REPS

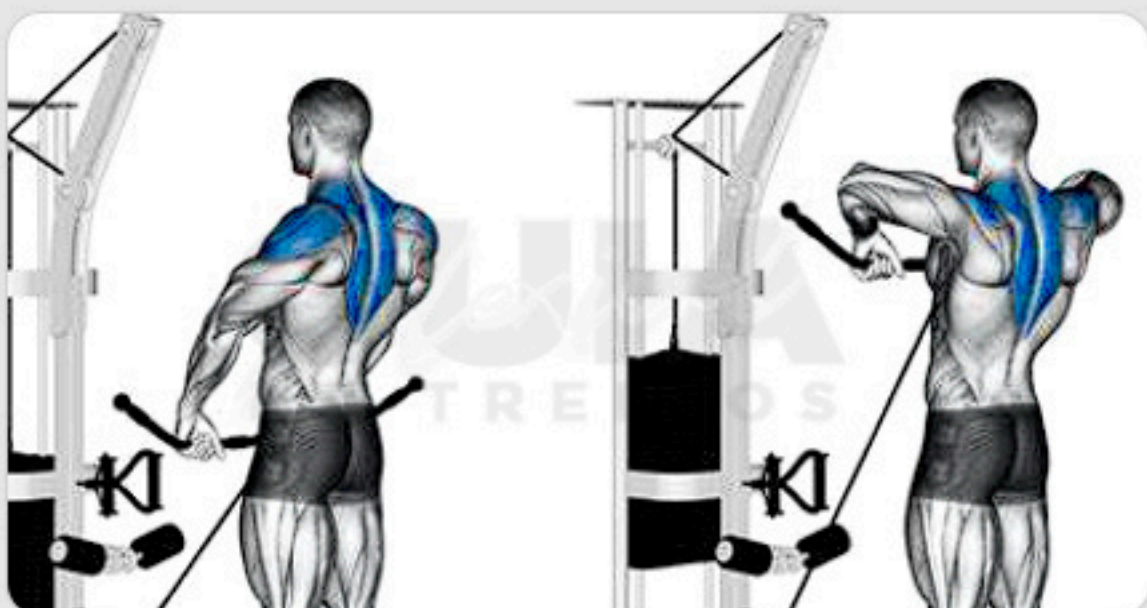
10



1 TO 2
Min

INTERVALS

SHOULDER



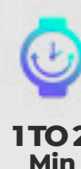
LOW PULLEY ROW

SETS

4

REPS

10



1 TO 2
Min

INTERVALS

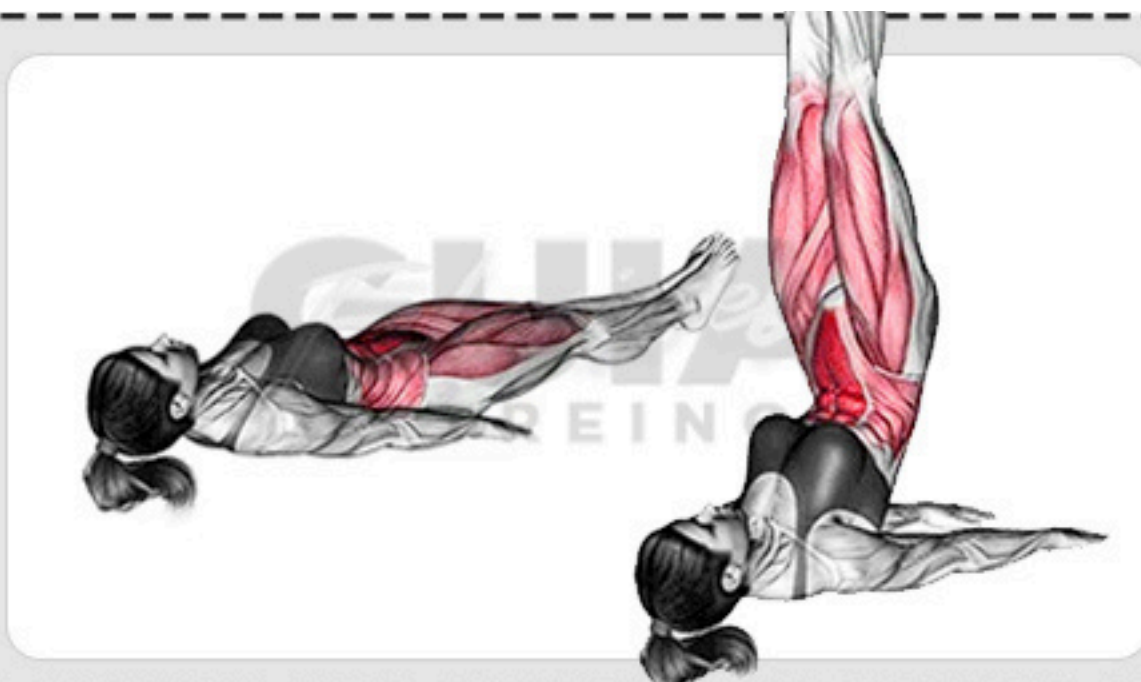
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Choose the exercises that best suit your taste and goals.

ABDOMEN



LEG RAISES

SETS

3

REPS

15 - 20



INTERVALS

ABDOMEN



PLANK

SETS

3

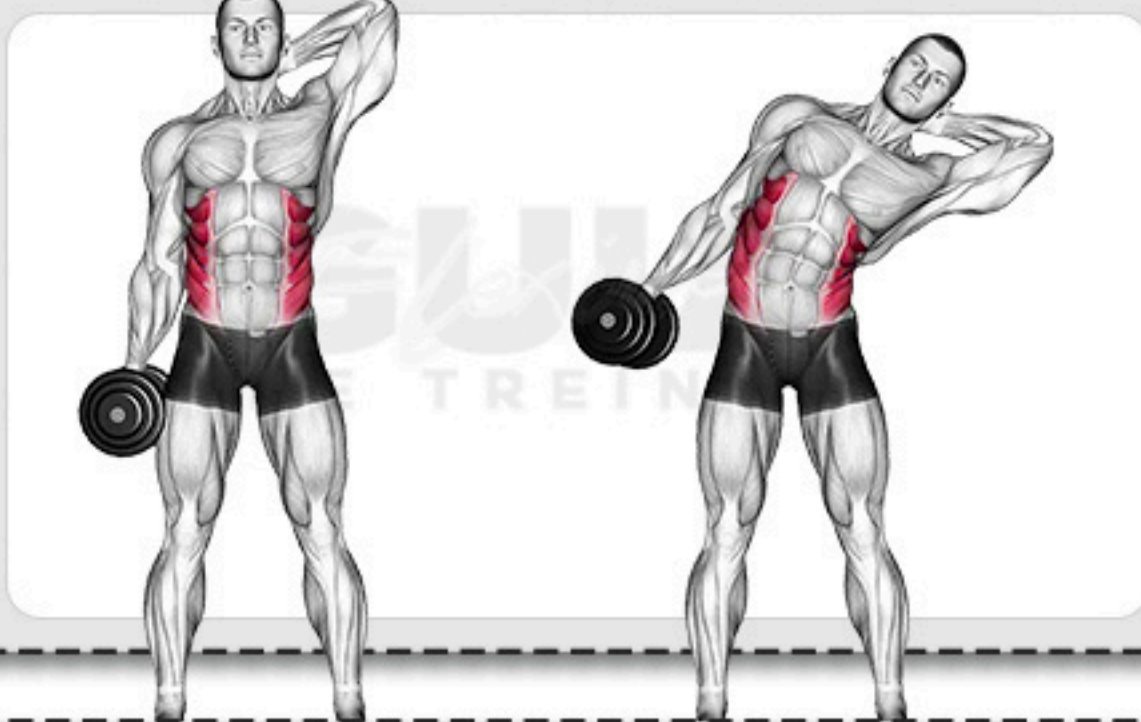
REPS

30-60s



INTERVALS

ABDOMEN



SIDE DIPS

SETS

3

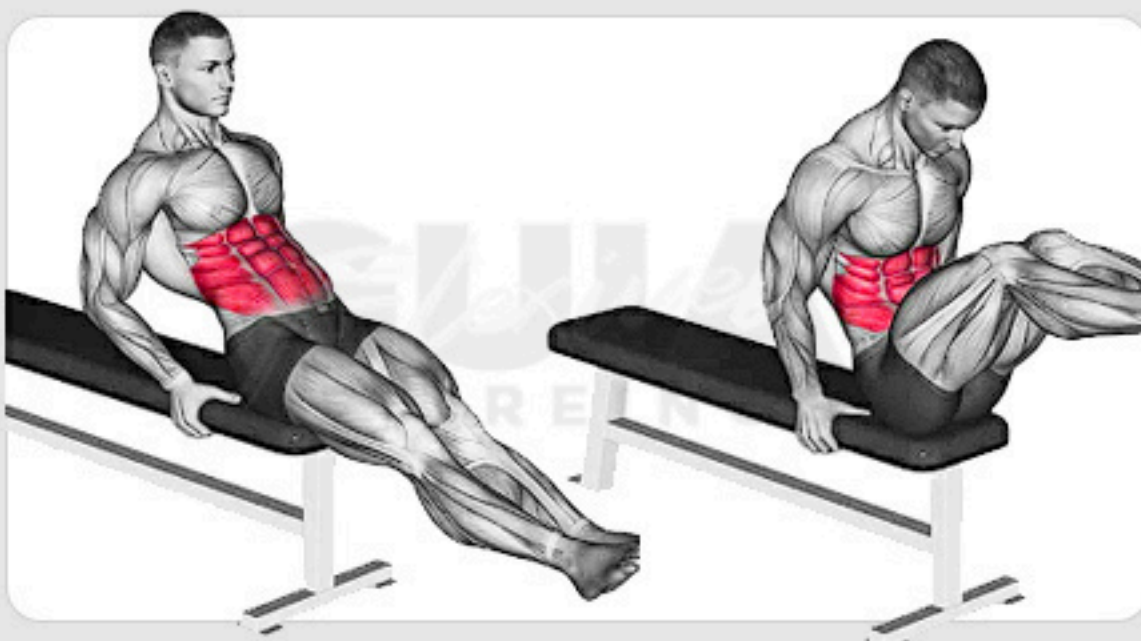
REPS

12 - 15



INTERVALS

ABDOMEN



SEATED LEG RAISE

SETS

3

REPS

10 - 15



INTERVALS

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ABDOMEN



AB WHEEL

SETS

4

REPS

12



INTERVALS

ABDOMEN



MACHINE CRUNCH

SETS

4

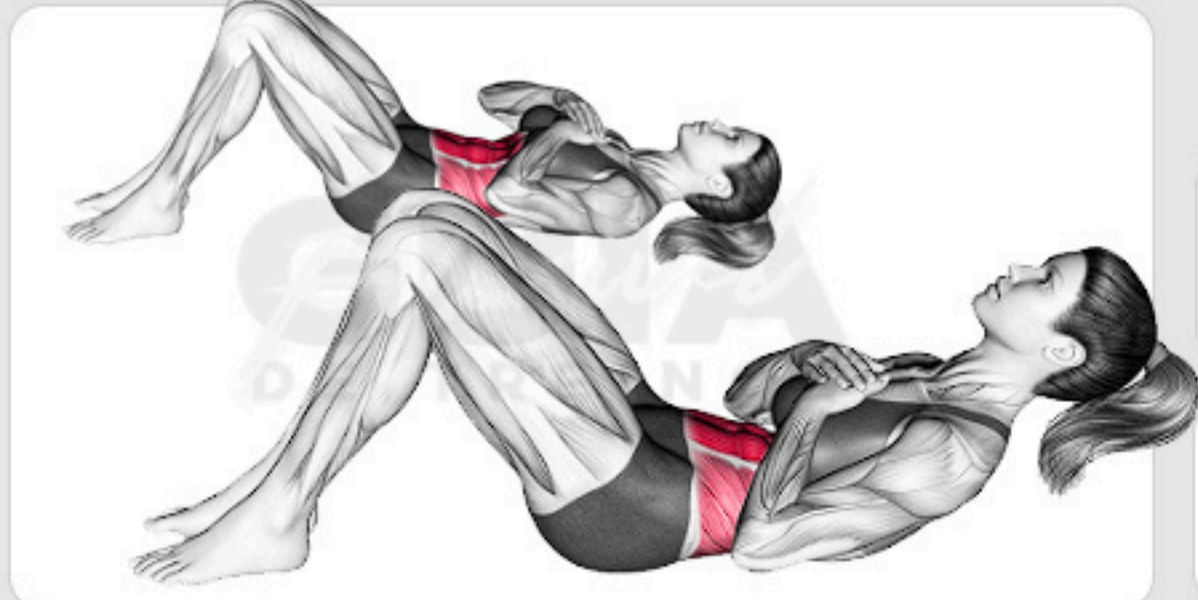
REPS

12



INTERVALS

ABDOMEN



CRUNCHES

SETS

4

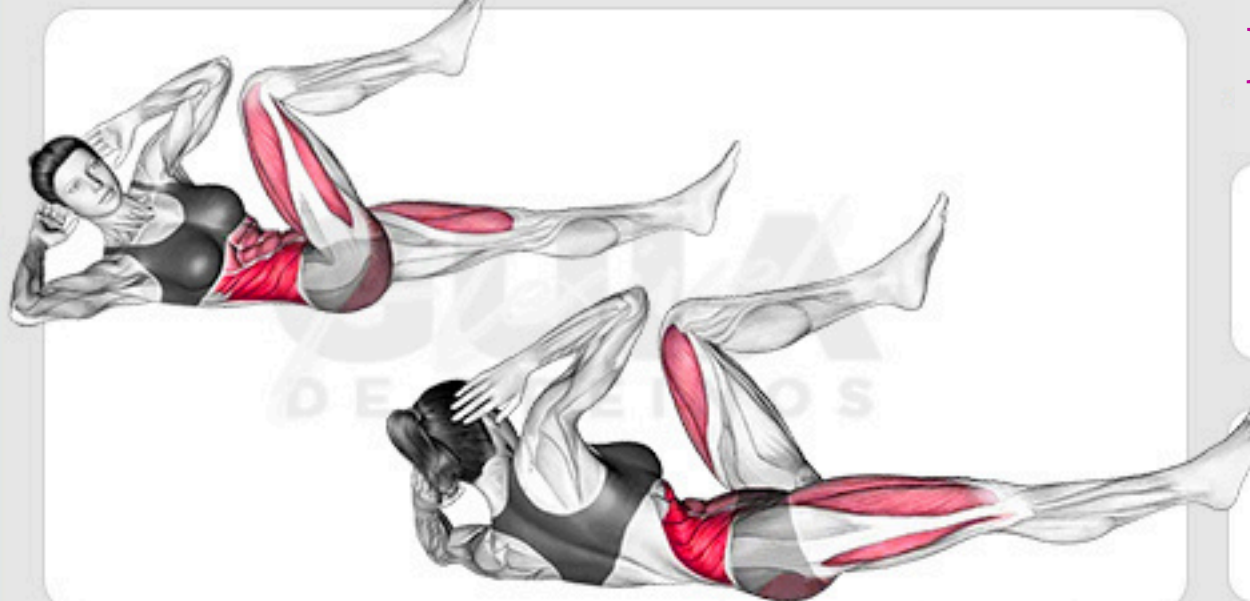
REPS

12 - 15



INTERVALS

ABDOMEN



BICYCLE CRUNCHES

SETS

3

REPS

10 - 15



INTERVALS


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LOWER BODY



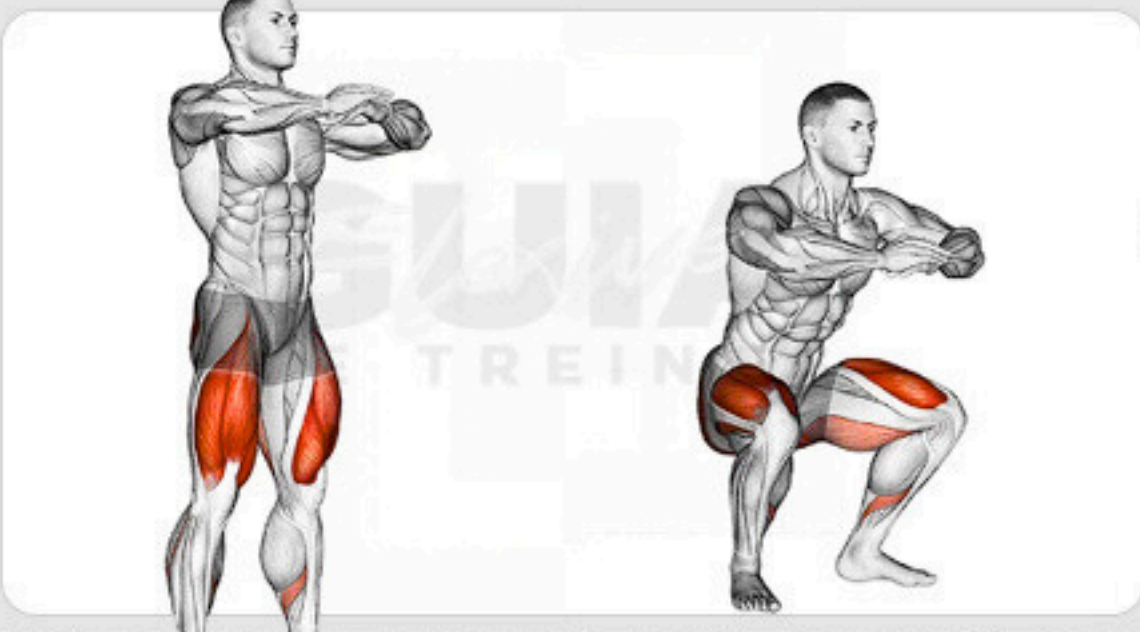
GLOBET SQUAT

SETS **3**

REPS **12 - 15**

1 TO 2 Min
INTERVALS

LOWE BODY




FREE SQUAT

SETS **3**

REPS **12**

1 TO 2 Min
INTERVALS

LOWER BODY




DUMBBELL LUNGES

SETS **3**

REPS **12 - 15**

1 TO 2 Min
INTERVALS

LOWER BODY



SUMO SQUAT

SETS **3 - 4**

REPS **8 - 10**

1 TO 2 Min
INTERVALS

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LEGS



FREE SQUAT

SETS

3 - 4

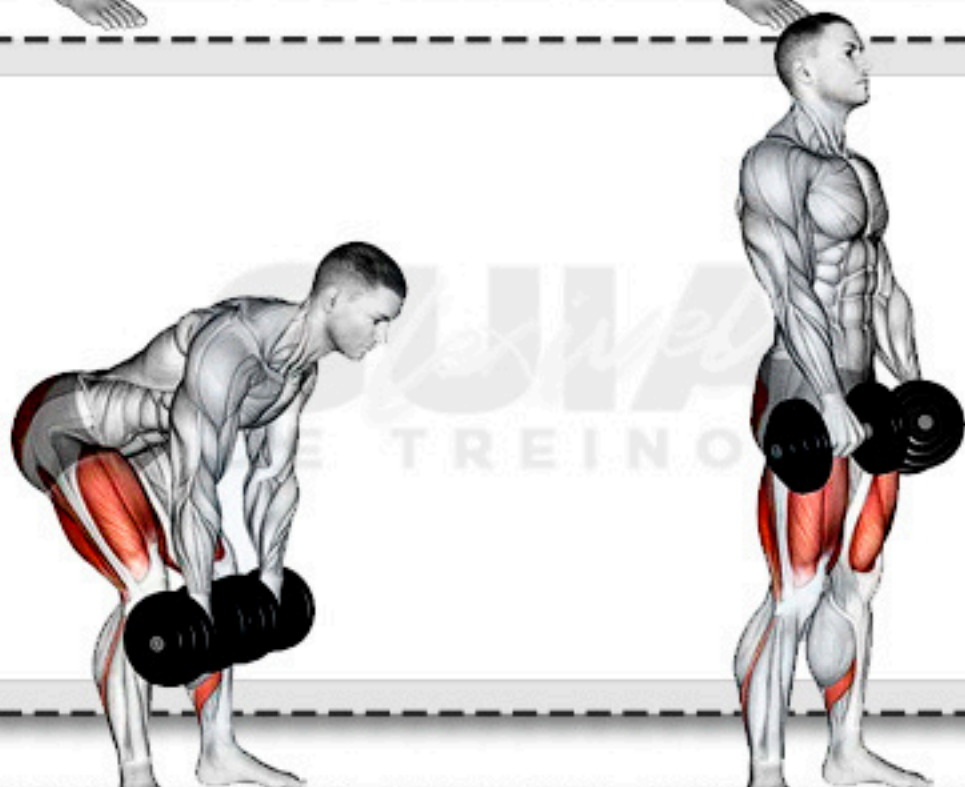
REPS

8 - 10



INTERVALS

LEGS



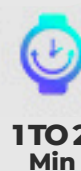
ROMANIAN DEADLIFT

SETS

3 - 4

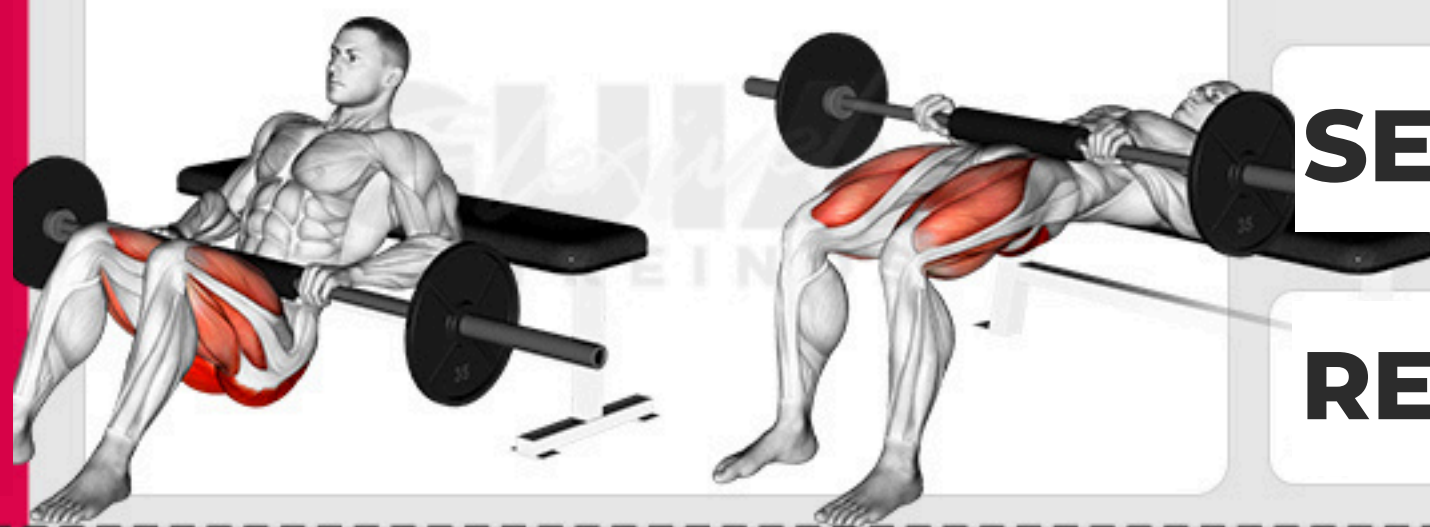
REPS

8 - 10



INTERVALS

LEGS



HIP THRUST

SETS

3 - 4

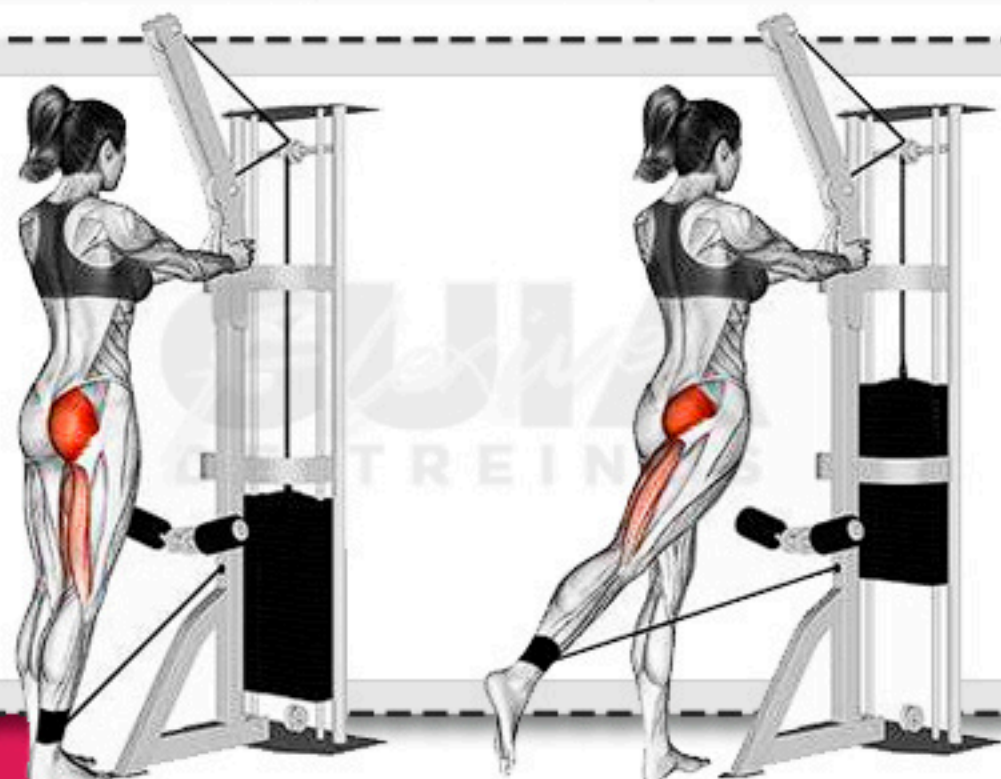
REPS

10 - 12



INTERVALS

LEGS



HIP EXTENSION

SETS

3 - 4

REPS

12 - 15



INTERVALS

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LEGS



HIP ABDUCTOR MACHINE

SETS

4

REPS

15 - 20



INTERVALS

LEGS



DUMBBELL SUMO SQUAT

SETS

4

REPS

10 - 12



INTERVALS

LEGS



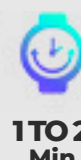
LUNGES

SETS

3 - 4

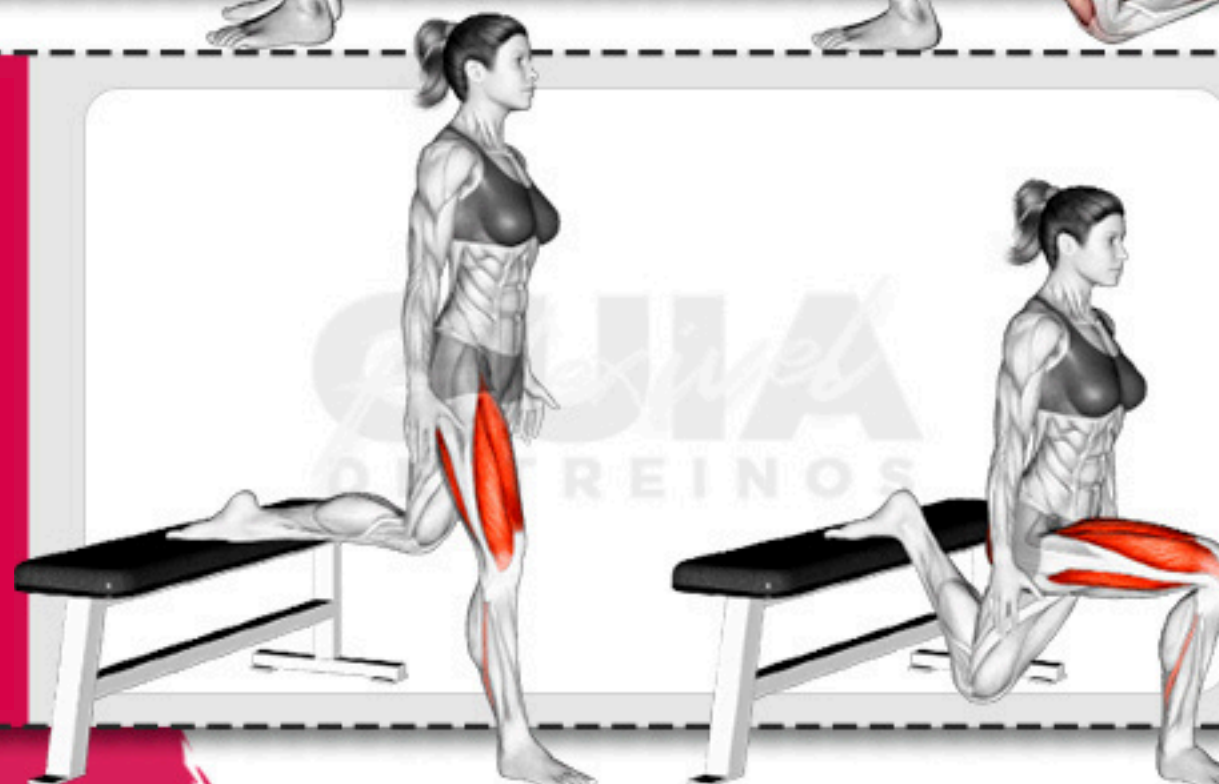
REPS

10 - 12



INTERVALS

LEGS



BULGARIAN SPLIT SQUATS

SETS

3 - 4

REPS

12 - 15



INTERVALS

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LEGS



BARBELL SUMO SQUAT

SETS

3 - 4

REPS

8 - 10



1 TO 2
Min
INTERVALS

LEGS



FRONT SQUAT

SETS

3 - 4

REPS

8 - 10



1 TO 2
Min
INTERVALS

LEGS



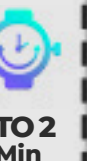
REVERSE LUNGE

SETS

3 - 4

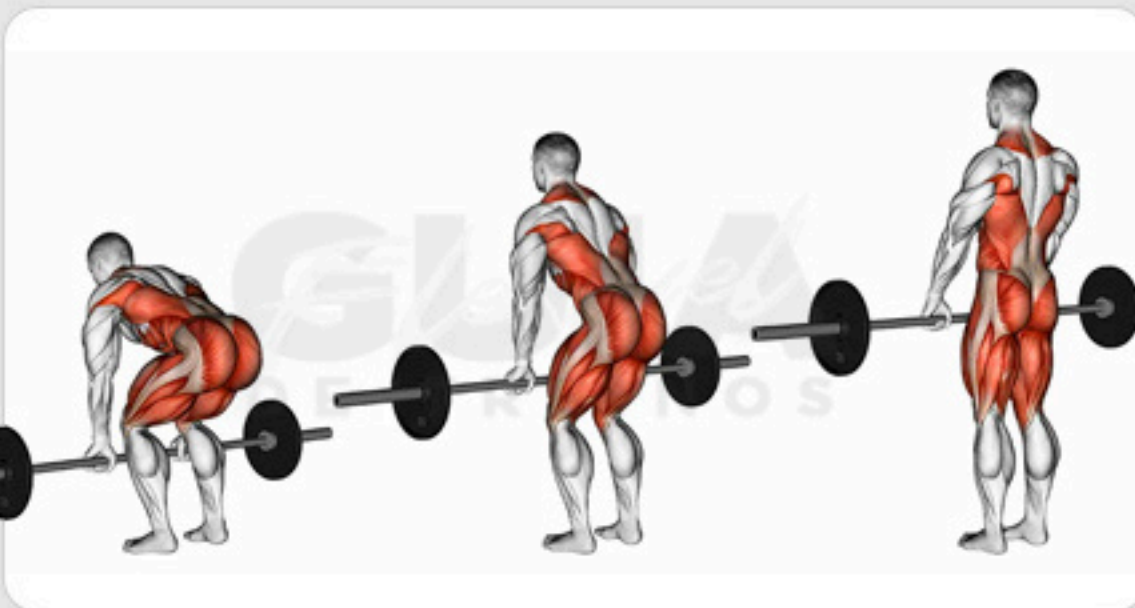
REPS

10 - 12



1 TO 2
Min
INTERVALS

LEGS



NARROW DEADLIFT

SETS

3 - 4

REPS

6 - 8



1 TO 2
Min
INTERVALS

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LEGS



LEG PRESS 45°

SETS

4

REPS

10 - 12



INTERVALS

LEGS



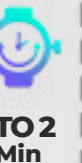
LEGS EXTENSION

SETS

3

REPS

12 - 15



INTERVALS

LEGS



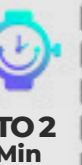
LEGS CURL

SETS

4

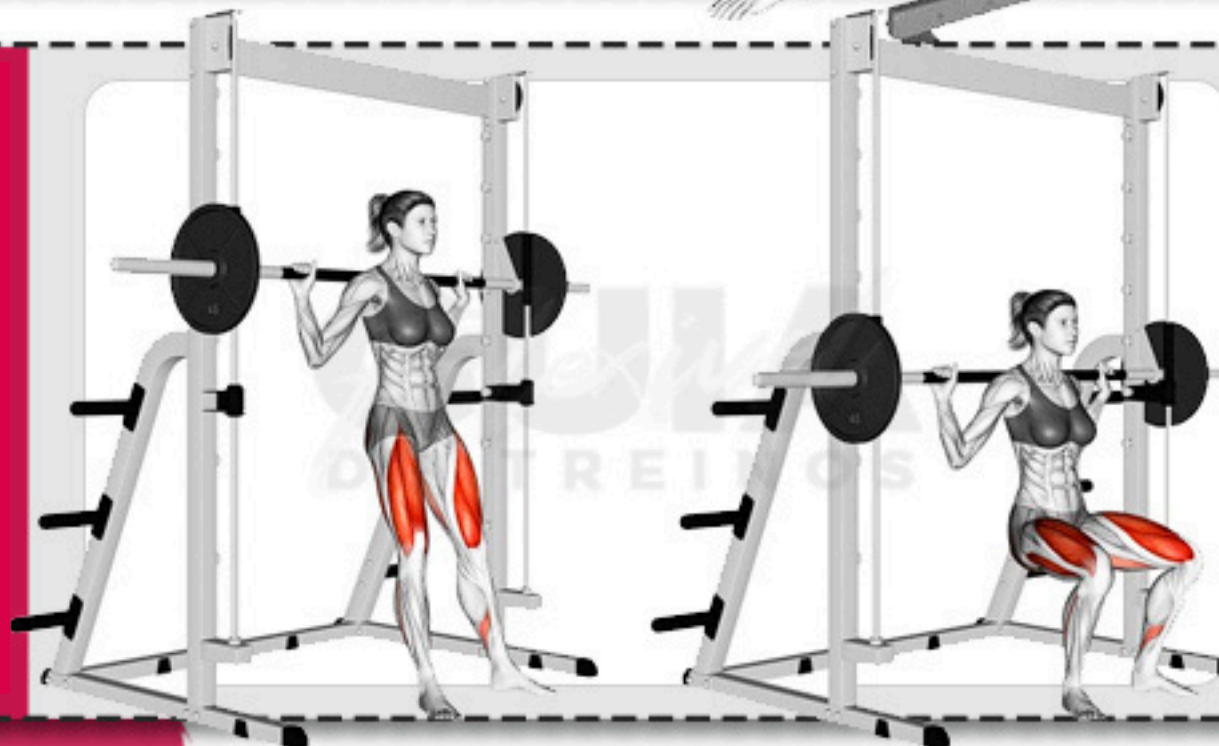
REPS

12 - 15



INTERVALS

LEGS



SMITH MACHINE SQUAT

SETS

3 - 4

REPS

6 - 8



INTERVALS

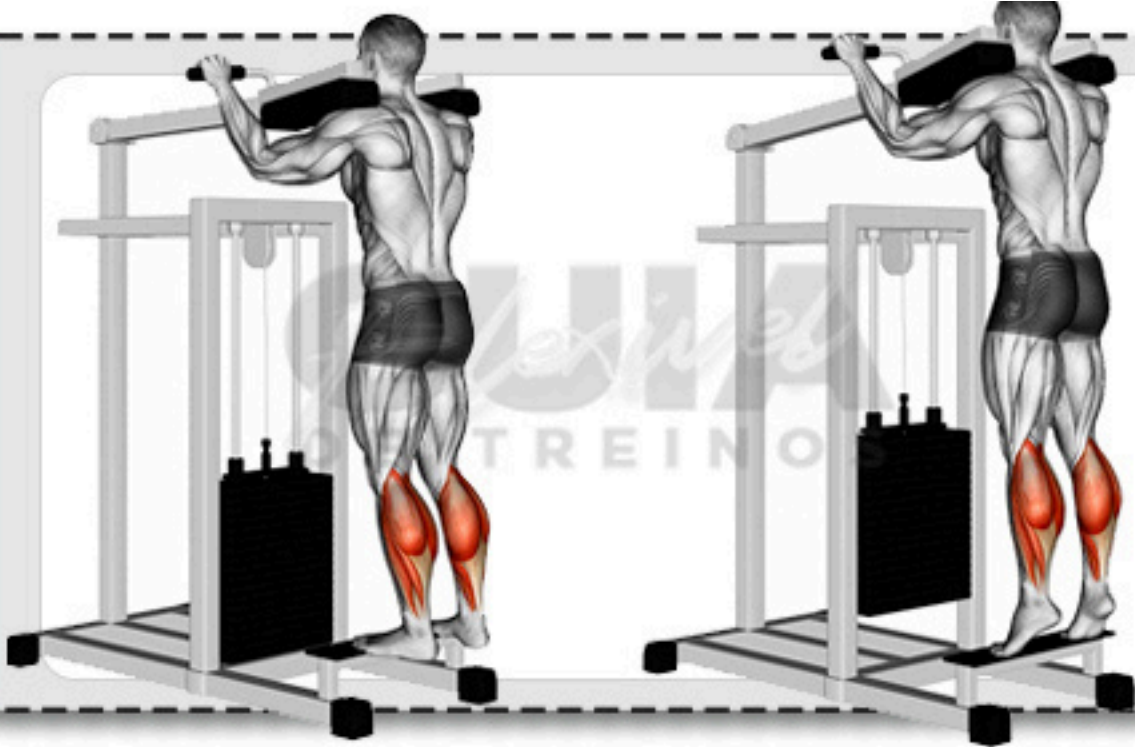
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Remember to adjust the weight according to your ability and fitness level. And don't forget to warm up before your workout and stretch afterward.

Choose the exercises that best suit your taste and goals.

LEGS



STANDING CALF RAISES

SETS

4

REPS

12 - 15



INTERVALS

LEGS



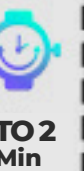
SEATED CALF RAISES

SETS

4

REPS

15 - 20



INTERVALS

LEGS



LEG PRESS CALF RAISES

SETS

3

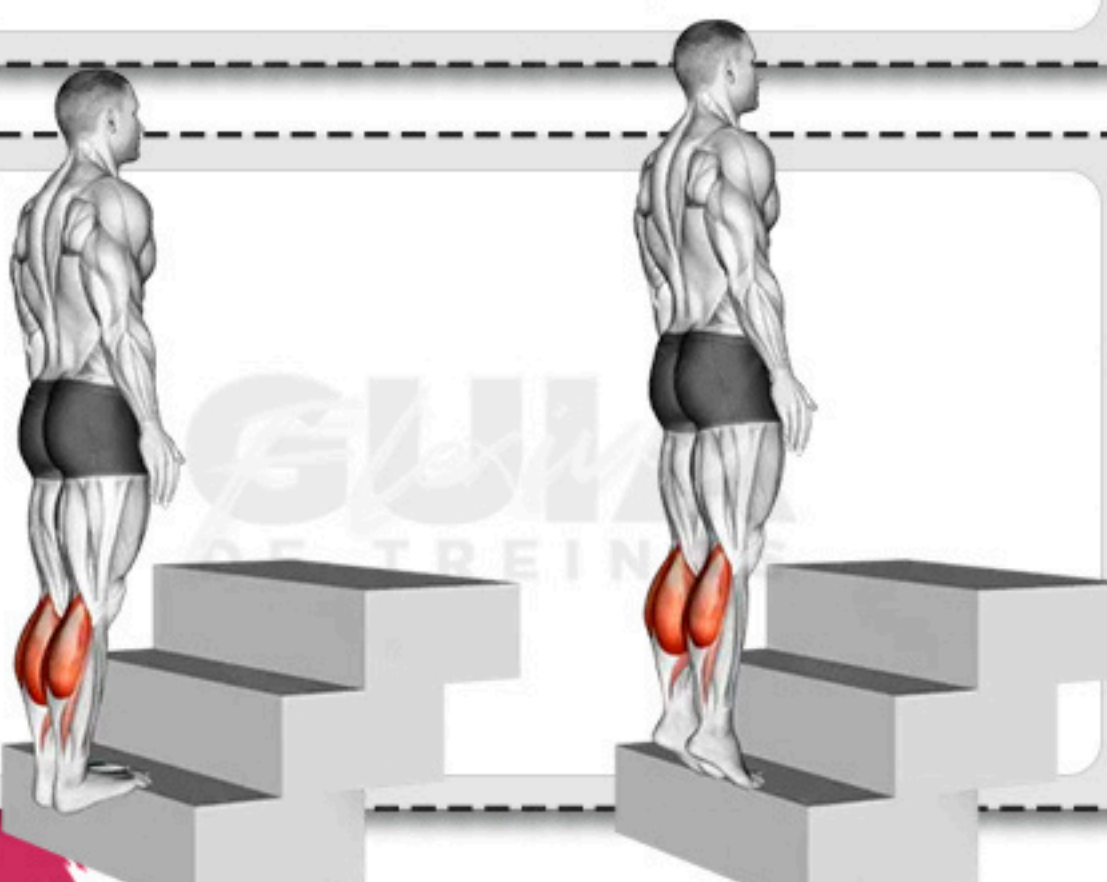
REPS

15 - 20



INTERVALS

LEGS



CALF ON STEP

SETS

4

REPS

20-25



INTERVALS

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