


# PUSH-PULL-LEGS

FOR GYM  
RAT!

MONTH:

WEEK OF:

## PAZARTESİ- PUSH GÖĞÜS

Bench press 3x8   
Cable fly 3x8  
Incline Dumbbell Press 3x8  
dumbbell shoulder press 3x8  
lateral raise 3x8  
skullcrusher 3x10  
push down 3x10  
ters pushdown 2x10

## SALI-PULL SIRT

V-Bar Pulldown 3x8   
Rope Fulldown 3x6  
(yavaş)  
Pulldown 3x8  
Scot Curl Z-Bar 3x8  
Face pull 3x8  
**Bilek egzersizi**  
kardiyo 15 dk

## ÇARŞAMBA-HARD BACAĞ

Skuat 4x5 deadlift 4x5  
leg extension 3x8  
hamstring curls 3x8  
Ayakda kalf 3x8  
**Karın egzersizi**  
Kardiyo 30 dk

## PERŞMEBE-OFF TERCİHE GÖRE

## CUMA-PUSH OMUZ

dumbbell Shoulder press 3x8  
Military press 4x5  
Lateral raise 3x8  
trapez 3x8  
Bench press 3x8  
Cable fly 3x8  
skullcrusher 3x10  
push down 3x10  
ters pushdown 2x10

## CUMARTESİ-PULL SIRT HARD

V-Bar Pulldown 3x8  
Barbel row 4x5  
Rope Fulldown 3x6  
(yavaş)  
Pulldown 3x8  
Geniş Barbel row 4x5  
Scot Curl Z-Bar 3x8  
**Bilek egzersizi**  
kardiyo 15 dk

## PAZAR-BACAĞ

leg extension 3x8  
hamstring curls 3x8  
Ayakda kalf 3x8

## Karın egzersizi

Kardiyo 30 dk

NOTE: