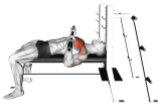



















Pazartesi			Salı			Çarşamba		
BENCH PRESS	4x6-8 RIR 1-2 Son set failure		LAT PULLDOWN	4x8-10 RIR 1-2 Son set failure		SQUAT	4x8-10 2x12-15 RIR 1-2	
INCLINE DUMBBELL PRESS	4x6-8 RIR 1-2 Son set failure		BARBELL ROW	4x8-10 RIR 1-2 Son set failure		LEG PRESS	4x8-10 2x12-15 RIR 1-2	
CABLE CROSS	3x12-15 Failure		CABLE ROW	3x12-15 Failure		LEG CURL	5x12-15 Failure	
OVERHEAD PRESS	4x8-10 RIR 1-2		ROPE PULLOVER	3x12-15 Failure		CALF RAISE	4x15-20 Failure	
LATERAL RAISE	4x12-15 Beyond failure		PULL UP	1x Max Failure				
REAR DELT	3x12-15	Beyond failure Arka Omuz, Dumbell veya Makina	BARBELL CURL	4x8-10 RIR 1 Failure				
TRICEPS PUSHDOWN	4x8-10 Failure		DUMBBELL CURL	4x8-10 RIR 1 Failure				

Cuma			Cumartesi		
INCLINE DUMBELL PRESS	4x6-8 RIR 1-2		LAT PULLDOWN	4x8-10 RIR 1-2 Son set failure	
CABLE CROSS	3x12-15 Failure		CABLE ROW	4x12-15 Failure	
OVERHEAD PRESS	4x8-10 RIR 1-2		ROMANIAN DEADLIFT	4x8-10 RIR 1-2	
LATERAL RAISE	3x8-10 3x12-15 Failure Beyond failure		DUMBELL CURL	4x8-10 Failure	
REAR DELT	3x12-15 Failure	Arka Omuz, Dumbell veya Makina	LEG PRESS	5x8-10 RIR 1-2	
TRICEPS PUSHDOWN	4x8-10 Failure		CALF RAISE	4x15-20 Failure	