

**Program muscle x1 per week**

<b>Monday</b>			
<b>Muscles</b>	<b>Exercises</b>	<b>Serie/Rep</b>	<b>Rest</b>
Back	Pull Ups	4x max	1min30
	Sumo Deadlift	14, 12, 10, 8	1min30/2min
	T-Bar Row	4x8	1min30/2min
	Dumbbell row	4x12	1min
	Cable row	4x10	1min30/2min
	Cable Standing Pullover	4x15	45sec

<b>Tuesday</b>			
<b>Muscles</b>	<b>Exercises</b>	<b>Serie/Rep</b>	<b>Rest</b>
Chest	Barbell Bench Press	15, 12, 10, 8	1min30/2min
	Incline Dumbbell Press	4x8	1min30
	Decline Dumbbell Fly	4x10	1min30
	Low Cable Crossover	4x12	1min30
	Pull-Over	4x15	1min
	Hammer Press	4x15	1min

<b>Wednesday</b>			
<b>Muscles</b>	<b>Exercises</b>	<b>Serie/Rep</b>	<b>Rest</b>
Legs	Squat	15, 12, 10, 8	2min
	Lunges	4x10	1min30
	Leg Press	12, 10, 8, 6	1min30/2min
	Leg extension	4x12	1min
	Leg Curl	4x12	1min
	Calves (standing up or machine)	4x15	45sec

<b>Thursday</b>			
<b>Muscles</b>	<b>Exercises</b>	<b>Serie/Rep</b>	<b>Rest</b>
Shoulders	Barbell Military Press	15, 12, 10, 8	1min30/2min
	Arnold Press	4x8	1min30/2min
	Dumbbell Lateral Raise	4x12	1min
	Dumbbell Bent Over Raise	4x12	1min
	Dumbbell Front Raise	4x12	1min
	Machine Side Raise	4x15	45sec

<b>Friday</b>			
<b>Muscles</b>	<b>Exercises</b>	<b>Serie/Rep</b>	<b>Rest</b>
Biceps	Wide Grip Barbell Curl	15, 12, 10, 8	1min30
	Incline Dumbbell Curl	4x10	1min30
	Hammer Curl	4x10	1min30
	Preacher Curl	4x15	45sec
Triceps	Close-Grip Bench Press	15, 12, 8, 10	1min30
	French Press	4x10	1min30
	Dips	4x10	1min30
	Dumbbell Kick Back	4x12	1min

