

**Program muscle x2 per week**

**Monday**

<b>Muscles</b>	<b>Exercises</b>	<b>Serie/Rep</b>	<b>Rest</b>
Chest	Barbell Bench Press	15, 12, 10, 8	1min30
	Incline Dumbbell Press	3x10	1min30
	Barbell Decline Press	3x10	1min30
Triceps	Dips	12, 10, 8	1min30
	Dumbbells Extension	3x10	1min30

**Tuesday**

<b>Muscles</b>	<b>Exercises</b>	<b>Serie/Rep</b>	<b>Rest</b>
Back	Pull Ups	Max x4	1min30/2min
	Stiff-legged Deadlift	12, 10, 8	1min30/2min
	Barbell Row	3x10	1min30
Biceps	EZ Bar Curl	12, 10, 8	1min30
	Hammer Curl	3x10	1min30

**Wednesday**

<b>Muscles</b>	<b>Exercises</b>	<b>Serie/Rep</b>	<b>Rest</b>
Shoulders	Barbell Military Press	15, 12, 10, 8	1min30/2min
	Dumbbell Lateral Raise	3x10	1min30/2min
	Dumbbell Bent Over Raise	3x12	1min30
Legs	Squat	12, 10, 8, 6	1min30
	Leg Extension	3x10	1min30
	Leg Curl	3x10	1min30
	Calves Machine	4x12	1min30

<b>Thursday</b>			
<b>Muscles</b>	<b>Exercises</b>	<b>Serie/Rep</b>	<b>Rest</b>
Chest	Dumbbell Bench Press	15, 12, 10, 8	1min30
	Barbell Incline Press	3x10	1min30
	Dumbbell Fly	3x12	1min30
Triceps	French Press	12, 10, 8	1min30
	Dumbbell Kick Back	3x10	1min30

<b>Friday</b>			
<b>Muscles</b>	<b>Exercises</b>	<b>Serie/Rep</b>	<b>Rest</b>
Back	Chin-Up	Max x4	1min30/2min
	Dumbbell row	12, 10, 8	1min30/2min
	Cable row	3x10	1min30
Biceps	Incline Dumbbell Curl	12, 10, 8	1min30
	Pronated Curl	10, 10, 10	1min30
Shoulders	Superset Dumbbell Lateral Raise with Dumbbell Bent Over Raise	4x12	1min