



WORKOUT PLAN

ملاحظة هامة & عرض حصري

نظام التمرين ده كان سبب من اسباب تطوري اخر فترة و حبيت اشاركوا معاكم بنفس تفاصيله بالضبط، خلينا متفقين ان الحجم التدريبي و اختيارات التمارين دي بتاعتي انا و لكن تقدر تعدلها زي ما انت عايز و تضبطها براحتك،

في حالة انك معرفتش

****shadad** كود صالح لمدة ٦ شهور**

تقدر تحطه في اي باقة و انت بتشتري في خدمة التدريب الاونلاين عندي و هيديك **خصم ٢٥% إضافي** علي السعر المتاح 

اشترك من هنا!

عتال

INTRODUCTION

- My goal is to help you grow natty, stay consistent, and keep your results long-term, not just get them once and lose them later
- I also want you to learn how to train on your own. Even after your subscription ends, you can still send me your plan to review and I'll make sure you're heading in the right direction.
- If you wanna share your plan with friends, go ahead, Just remember it's customized for you, so it might not fit them the same way.



FAQS

WARMING UP SETS

Light weight, get your body ready, not included in your weekly volume
You'll see them written as W.U Sets

WOKRING SETS

These are the actual working sets counted in your training volume for the plan, warm-up sets don't count at all

BACK OFF SETS

If you see them in your plan, it means on your last set, drop the weight by 15-20% and go all the way to failure.

RIR

how many reps you've got left in the tank before hitting failure.
Basically, how many reps you could still do before you literally can't move the weight anymore.

SUPERSETS

two exercises back-to-back with zero rest.

PARTIALS REPS

short-range reps after you hit failure.
If you can't do full range reps anymore, keep pushing halves or quarters until the weight doesn't move, only do this if I specifically ask for it.

FAQS

- Take your warm-up sets slow no rushing. Stick to the same rep range as your main lift, just lighter weights
- Record one set per exercise and send it on check-in day, just to make sure your form's right.
- Pick weights that challenge you but still let you hit your reps with clean form. If you're flying past the rep range, it's too light
- Stick to your program, exercise selection and order stop switching things up every week. Real gains happen when your body starts adapting
- Rest days matter, even if you feel good, Take a rest.
- Log your weights and reps. Don't say "I'll remember them" - you won't



TRAINING SPLIT









- Your training program doesn't have to fit perfectly into 7 days — forget the idea of a “weekly” schedule.
- It's totally fine if your cycle takes 8 or even 9 days.
- What matters most is that you follow the plan in the given order exactly as it's written.

day 1	DAY 1
day 2	DAY 2
day 3	DAY 3
REST DAY	DAY 4
day 4	DAY 5
day 5	DAY 6
REST DAY	DAY 7

day 1

TRAINING LOG

day 1









Workout Name	W.U Sets	Working Sets	Reps	RIR	Rest	Workout Video
Cable y raises	2	3	8-12 reps	1-0	2-3 min	
Wide grip lat pulldown	1	3	8-12 reps	1-0	2-3 min	
kelso shrugs	1	2	6-10 reps	1-0	2-3 min	
T bar machine	2	1	6-10 reps	1-0	2-3 min	
SA cable lat row	1	2	8-12 reps	1-0	2-3 min	
vertical shrugs	1	2	6-12 reps	1-0	2-3 min	
Cable reverse curl	1	3	8-12 reps	1-0	1.5-2 min	
Cable abs crunches	1	2	8-12 reps	1-0	1.5-2 min	



day 2

TRAINING LOG

day 2









Workout Name	W.U Sets	Working Sets	Reps	RIR	Rest	Workout Video
Low incline DB press	2	2	5-10 reps	1-0	2-3 min	
High incline smith press	1	2	6-12 reps	1-0	2-3 min	
Flat chest press machine	2	1	6-10 reps	1-0	2-3 min	
Biceps bayesian curl	1	2	8-12 reps	1-0	2-3 min	
Rope triceps pushdown	1	2	8-12 reps	1-0	2-3 min	
DB incline curl	1	2	6-10 reps	1-0	1.5-2 min	
Rope overhead extension	1	1	8-12 reps	1-0	1.5-2 min	
Decline fly machine	1	2	6-10 reps		1.5-2 min	



day 3

TRAINING LOG

day 3

Workout Name	W.U Sets	Working Sets	Reps	RIR	Rest	Workout Video
kelso shrugs	2	1	6-10 reps	1-0	2-3 min	
Cable lat pullover	1	2	8-12 reps	1-0	2-3 min	
Seated leg curl	1	3	6-10 reps	1-0	2-3 min	
Leg press machine (selective)	1	2	6-10 reps	1-0	2-3 min	
Adductors machine	1	3	8-12 reps	1-0	2-3 min	
Smith standing calf raises	1	3	10-12 reps	1-0	1.5-2 min	
Lateral raises machine	1	2	6-10 reps	1-0	1.5-2 min	
Cable abs crunches	1	2	8-12 reps	1-0	1.5-2 min	











REST DAY

TRAINING LOG

day 4

TRAINING LOG

day 4









Workout Name	W.U Sets	Working Sets	Reps	RIR	Rest	Workout Video
T bar machine	1	2	6-10 reps	1-0	2-3 min	
Chest fly machine	1	3	8-12 reps	1-0	2-3 min	
Wide grip lat pulldown	2	1	8-12 reps	1-0	2-3 min	
Smith high incline press	1	1	6-10 reps	1-0	2-3 min	
Close grip seated row	1	2	8-12 reps	1-0	2-3 min	
Lateral raises machine	1	3	6-10 reps	1-0	1.5-2 min	
DB preacher curl	1	2	8-12 reps	1-0	1.5-2 min	
Rope triceps pushdown	1	2	8-12 reps	1-0	1.5-2 min	



day 5

TRAINING LOG

day 5

Workout Name	W.U Sets	Working Sets	Reps	RIR	Rest	Workout Video
Seated leg curl	1	3	8-12 reps	1-0	2-3 min	
Hack squat machine	1	2	6-10 reps	1-0	2-3 min	
Leg extension machine	1	3	8-12 reps	1-0	2-3 min	
Adductors machine	1	2	8-12 reps	1-0	2-3 min	
Smith hip thrust	1	2	6-10 reps	1-0	2-3 min	
Db wrist flexion	1	2	10-12 reps	1-0	2-3 min	
Smith standing calf raises	1	3	8-12 reps	1-0	1.5-2 min	 



REST DAY

TRAINING LOG

PROMO CODES

By using my promo code **"SHADY10"**, you can get extra discounts on many brands — including supplements, gym clothing, and accessories.

If you'd like to see which brands offer the discount, simply click the **"Order Now"** button below.

ORDER NOW



I'M CONFIDENT YOU CAN DO IT

You've got a solid training program, everything you need is right here.

A plan built just for you, Now it's all about your consistency, stay locked in, and those transformation pics are gonna hit hard soon



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