## 4-DAY WORKOUT ROUTINE BY CAPITANO.MAURICE

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7
MONDAY	CHEST	CHEST	CHEST	CHEST	CHEST	CHEST	CHEST
TUESDAY	ВАСК	BACK	BACK	BACK	BACK	BACK	BACK
WEDNESDAY	CARDIO	CARDIO	CARDIO	CARDIO	CARDIO	CARDIO	CARDIO
THURSDAY	+	+	SHOULDERS + ARMS	+	+	+	+
FRIDAY	LEGS	LEGS	LEGS	LEGS	LEGS	LEGS	LEGS
SATURDAY	CARDIO	CARDIO	CARDIO	CARDIO	CARDIO	CARDIO	CARDIO
SUNDAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY

D.G																						
Muscle	Tag				1 11 11			1 11 11			1 11 11 111									1 1 1 1 1 11		
Exercise	Satz		Ш	Ш		Ш	III		Ш	Ш		Ш	III		Ш	Ш		II	Ш		Ш	Ш
Chest	Ι.			1					ı				ı		ı			ı				
Dumbell Press	kg	_	_					_				_										$\mid \mid \mid$
	Wdh																					
Lower Chest Dips	kg																					
	Wdh																					
Incline Chest Press	kg																					
	Wdh																					
Standing Cable Flys	kg																					
	Wdh			-																		
Dumbell Pull-Overs	kg																					
barrisen i an overs	Wdh																					
Back																						
OG Lat Pulldown	kg																					
S Lat 1 dildOWII	Wdh																					
CG Barbell Rows	kg																					
CG Barbell Kows	Wdh																					
OG Machine Rows	kg																					
OG Machine Rows	Wdh																					
Law Dawa	kg																					
Low Rows	Wdh																					
	kg																					
Hyperextensions	Wdh																					
Shoulders + Arms																						
	kg																					
Overhead Press	Wdh																					
Dumbell	kg																					
Lateral Raises	Wdh																					
	kg																					
Rope Facepulls	Wdh																					$\Box$
	kg																					
Dumbell Curls	Wdh																					
Cable Push-Downs	kg																					
	∿g   Wdh		$\vdash$									$\vdash$										$\vdash \vdash$
Legs + Abs	I VV GII																					
	kg																					
Sit Down Squats	Wdh																					$\vdash\vdash$
Hacksquats	kg																					
Leg Extensions	Wdh																					
	kg	$\vdash$										_							_			
	Wdh																					
Leg Curls	kg																					
	Wdh																					
Leg Press	kg																					$\sqcup$
Calf Raises	Wdh																					
Cable Crunches	kg																					
	Wdh																					
										Market Assessment			H10.19.200.000							98.90 (B.00		