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Riffa | Alhajiyat 939 | Kingdom of Bahrain

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شد الجسم	البرنامج
١٢ اسبوع	مدة البرنامج



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Day **Daily Warmup**

No.	Exercise	Reps	Set	Rest	Tempo	Comment
1	90/90 Hip Mobility	15 Each Side	1	-	-	-
2	Thoracic Overhead Mobility	20	1	-	-	-
3	Shoulder Tap	5	1	-	-	-
4	Glute Activation	30 Each Side	1	-	-	-
5	Bridge	20	1	-	-	-
6	Plank Twist	8 Each Side	2	-	-	-
7	Chest Activation	30	1	-	-	-



Day اول اسبوعين X اليوم الأول والثالث

No.	Exercise	Reps	Set	Rest	Tempo	Comment
1	DB Front Squat	12	3	60 Sec	2-0-1-0	
2	Deadlift	12	3	60 Sec	2-0-1-0	
3	Cable Back Row	12	3	60 Sec	2-0-1-0	
4	Lat Pulldown	12	3	60 Sec	2-0-1-0	
5	Biceps Curl	12	3	60 Sec	2-0-1-0	
6	DB/ Cable Triceps Overhead Extension	12	3	60 Sec	2-0-1-0	
7	V-Abs	12	3	60 Sec	2-0-1-0	

Day اول اسبوعين X اليوم الثاني والرابع

No.	Exercise	Reps	Set	Rest	Tempo	Comment
1	Prone to Fw Lunge	8 Each Side	3	60 Sec	5-0-5-0	
2	Prone to Side Lunge	8 Each Side	3	60 Sec	5-0-5-0	
3	Lizard Get up	8 Each Side	3	60 Sec	5-0-5-0	
4	Lateral Squat Ward	8 Each Side	3	60 Sec	5-0-5-0	
5	Lateral Squat with rotational Shift	8 Each Side	3	60 Sec	5-0-5-0	
6	Single Arm Squat To Rotational DB Press	8 Each Side	3	60 Sec	5-0-5-0	
7	Corss Hinge to Single Arm Press	8 Each Side	3	60 Sec	5-0-5-0	
8	Single Leg Plank to Prone Squat	8 Each Side	3	60 Sec	5-0-5-0	



الاسبوع الرابع الى الثامن X اليوم الأول Day

No.	Exercise	Reps	Set	Rest	Tempo	Comment
1	DB Front Squat	8	3	60 Sec	4-0-1-0	
2	Deadlift	8	3	60 Sec	4-0-1-0	
3	Cable Back Row	8	3	60 Sec	4-0-1-0	
4	Lat Pulldown	8	3	60 Sec	4-0-1-0	
5	Biceps Curl	8	3	60 Sec	4-0-1-0	
6	DB/ Cable Triceps Overhead Extension	8	3	60 Sec	4-0-1-0	
7	V-Ups	8	3	60 Sec	4-0-1-0	

الاسبوع الرابع الى الثامن X اليوم الثاني Day

No.	Exercise	Reps	Set	Rest	Tempo	Comment
1	Prone to Fw Lunge	6 Each Side	3	60 Sec	7-0-5-0	
2	Prone to Side Lunge	6 Each Side	3	60 Sec	7-0-5-0	
3	Lizard Get up	6 Each Side	3	60 Sec	7-0-5-0	
4	Lateral Squat Ward	6 Each Side	3	60 Sec	7-0-5-0	
5	Lateral Squat with rotational Shift	6 Each Side	3	60 Sec	7-0-5-0	
6	Single Arm Squat To Rotational DB Press	6 Each Side	3	60 Sec	7-0-5-0	
7	Corss Hinge to Single Arm Press	6 Each Side	3	60 Sec	7-0-5-0	
8	Single Leg Plank to Prone Squat	6 Each Side	3	60 Sec	7-0-5-0	



الاسبوع الرابع الى الثامن X اليوم الثالث Day

No.	Exercise	Reps	Set	Rest	Tempo	Comment
1	Fw Quad Lunge	8 Each Side	5	60 Sec	4-0-1-0	
2	Back Glute Lunge	8 Each Side	5	60 Sec	4-0-1-0	
3	Back Barbell Squat	8	5	60 Sec	4-0-1-0	
4	Floor/ Bench Chest Press	8	5	60 Sec	4-0-1-0	
5	Seated Shoulder DB Press	8	5	60 Sec	4-0-1-0	
6	DB Hammer	8	5	60 Sec	4-0-1-0	
7	DB Triceps Kick Back	8	5	60 Sec	4-0-1-0	
8	90/180 Abs Killer	8 Each Side	5	60 Sec	4-0-1-0	

الاسبوع الرابع الى الثامن X اليوم الرابع Day

No.	Exercise	Reps	Set	Rest	Tempo	Comment
1	Pushup To Twist DB Press	6 Each Side	3	60 Sec	7-0-5-0	
2	RB/Cable Rotational Pull	6 Each Side	3	60 Sec	7-0-5-0	
3	RB/Cable Rotational Pull/Push	6 Each Side	3	60 Sec	7-0-5-0	
4	Splite Hinge to FW Step & Press	6 Each Side	3	60 Sec	7-0-5-0	
5	Side Lunge to Cross leg hinge	6 Each Side	3	60 Sec	7-0-5-0	
6	Side Lunge Side RB/Cable Pull	6 Each Side	3	60 Sec	7-0-5-0	
7	Corss Hinge to Single Arm Press	6 Each Side	3	60 Sec	7-0-5-0	
8	Stability Ball reverse Lunge	6 Each Side	3	60 Sec	7-0-5-0	



الاسبوع التاسع الى الثاني عشر X اليوم الأول Day

No.	Exercise	Reps	Set	Rest	Tempo	Comment
1	V-Ups	6	6	60 Sec	5-0-1-0	
3	DB Hammer	6	6	60 Sec	5-0-1-0	
3	Biceps Curl	6	6	60 Sec	5-0-1-0	
4	Lat Pulldown	6	6	60 Sec	5-0-1-0	
5	Cable Back Row	6	6	60 Sec	5-0-1-0	
7	Back Glute Lunge	6 Each Side	6	60 Sec	5-0-1-0	
7	DB Front Squat	6	6	60 Sec	5-0-1-0	

الاسبوع التاسع الى الثاني عشر X اليوم الثاني Day

No.	Exercise	Reps	Set	Rest	Tempo	Comment
1	90/180 Abs Killer	6 Each Side	6	60 Sec	5-0-1-0	
2	DB Triceps Kick Back	6	6	60 Sec	5-0-1-0	
2	DB/ Cable Triceps Overhead Extension	6	6	60 Sec	5-0-1-0	
4	Seated Shoulder DB Press	6	6	60 Sec	5-0-1-0	
5	Floor/ Bench Chest Press	6	6	60 Sec	5-0-1-0	
6	Back Barbell Squat	6	6	60 Sec	5-0-1-0	
6	Deadlift	6	6	60 Sec	5-0-1-0	
8	Fw Quad Lunge	6 Each Side	6	60 Sec	5-0-1-0	



الاسبوع التاسع الى الثاني عشر X اليوم الثالث Day

No.	Exercise	Reps	Set	Rest	Tempo	Comment
1	Prone to Fw Lunge	6 Each Side	4	60 Sec	10-0-10-0	
2	Prone to Side Lunge	6 Each Side	4	60 Sec	10-0-10-0	
3	Lizard Get up	6 Each Side	4	60 Sec	10-0-10-0	
4	Lateral Squat Ward	6 Each Side	4	60 Sec	10-0-10-0	
5	Lateral Squat with rotational Shift	6 Each Side	4	60 Sec	10-0-10-0	
6	Single Arm Squat To Rotational DB Press	6 Each Side	4	60 Sec	10-0-10-0	
7	Corss Hinge to Single Arm Press	6 Each Side	4	60 Sec	10-0-10-0	
8	Single Leg Plank to Prone Squat	6 Each Side	4	60 Sec	10-0-10-0	

الاسبوع التاسع الى الثاني عشر X اليوم الرابع Day

No.	Exercise	Reps	Set	Rest	Tempo	Comment
1	Pushup To Twist DB Press	6	4	60 Sec	10-0-10-0	
2	RB/Cable Rotational Pull	6	4	60 Sec	10-0-10-0	
3	RB/Cable Rotational Pull/Push	6	4	60 Sec	10-0-10-0	
4	Splite Hinge to FW Step & Press	6	4	60 Sec	10-0-10-0	
5	Side Lunge to Cross leg hinge	6	4	60 Sec	10-0-10-0	
6	Side Lunge Side RB/Cable Pull	6	4	60 Sec	10-0-10-0	
7	Corss Hinge to Single Arm Press	6	4	60 Sec	10-0-10-0	
8	Stability Ball reverse Lunge	6	4	60 Sec	10-0-10-0	

