



2. Seviye

1. Gün

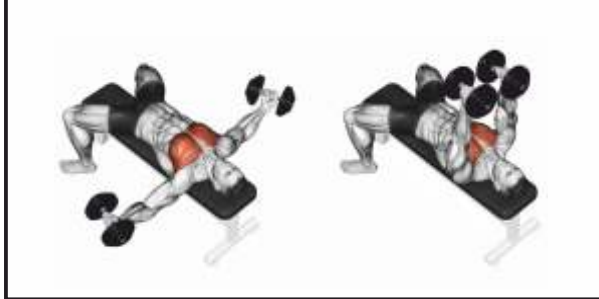
incline bench press



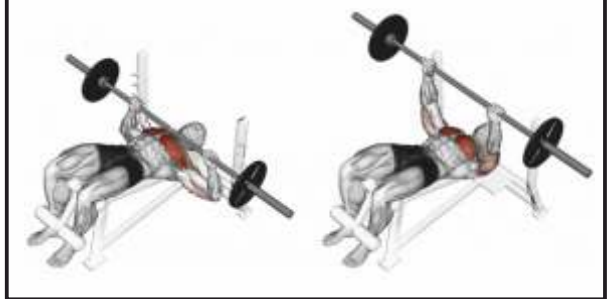
bench press



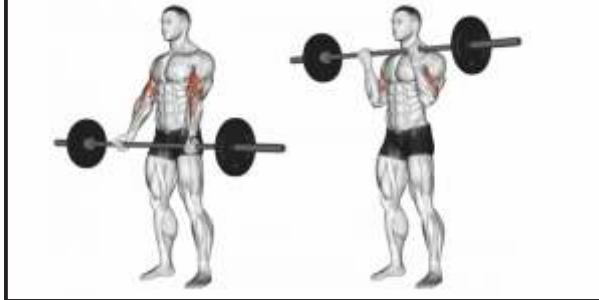
dumbbell fly



decline bench press



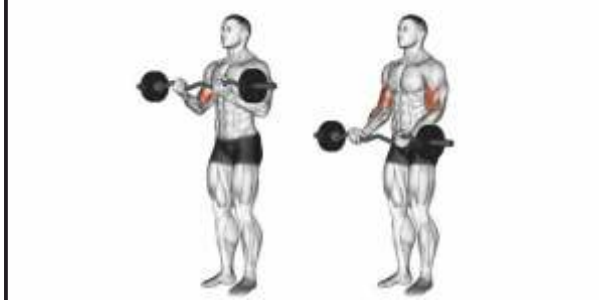
barbell curl



dumbbell alternative curl



barbell scott curl (z bar)



concentration curl



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indir*



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siteye git



2. Seviye

2. Gün

dumbbell front raise



sholder press



lateral raise



upright rowing



barbell triceps extension



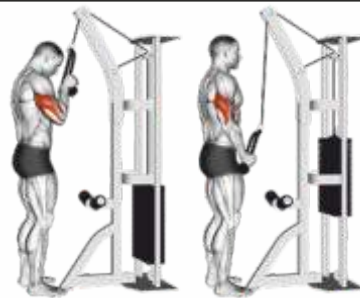
triceps pushdown



dumbbell triceps extension



v-rope triceps push down



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2. Seviye

3. Gün

pull down



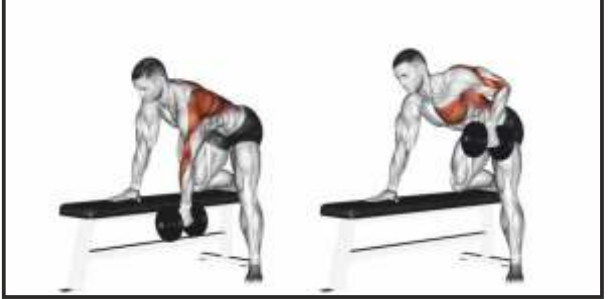
pull down behind neck



seated cable rowing



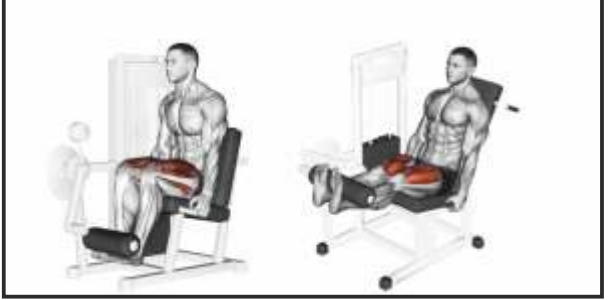
dumbbell rowing



leg press



leg extension



leg curl



calf



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