**Грудь**

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| [Жим гантелей лежа](http://xn--l1auflc.xn--p1ai/%D1%83%D0%BF%D1%80%D0%B0%D0%B6%D0%BD%D0%B5%D0%BD%D0%B8%D1%8F/%D0%B3%D1%80%D1%83%D0%B4%D1%8C/%D0%B6%D0%B8%D0%BC-%D0%B3%D0%B0%D0%BD%D1%82%D0%B5%D0%BB%D0%B5%D0%B9-%D0%BB%D0%B5%D0%B6%D0%B0) | 4 | 12, 10, 10, 8 |
| [Разведение гантелей](http://xn--l1auflc.xn--p1ai/%D1%83%D0%BF%D1%80%D0%B0%D0%B6%D0%BD%D0%B5%D0%BD%D0%B8%D1%8F/%D0%B3%D1%80%D1%83%D0%B4%D1%8C/%D1%80%D0%B0%D0%B7%D0%B2%D0%B5%D0%B4%D0%B5%D0%BD%D0%B8%D0%B5-%D0%B3%D0%B0%D0%BD%D1%82%D0%B5%D0%BB%D0%B5%D0%B9) | 3 | 12 |

**Трицепс**

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| [Французский жим](http://xn--l1auflc.xn--p1ai/%D1%83%D0%BF%D1%80%D0%B0%D0%B6%D0%BD%D0%B5%D0%BD%D0%B8%D1%8F/%D1%82%D1%80%D0%B8%D1%86%D0%B5%D0%BF%D1%81/%D1%84%D1%80%D0%B0%D0%BD%D1%86%D1%83%D0%B7%D1%81%D0%BA%D0%B8%D0%B9-%D0%B6%D0%B8%D0%BC) ( за голову) | 3 | 12 |
| [Разгибание руки назад с гантелью в наклоне](http://xn--l1auflc.xn--p1ai/%D1%83%D0%BF%D1%80%D0%B0%D0%B6%D0%BD%D0%B5%D0%BD%D0%B8%D1%8F/%D1%82%D1%80%D0%B8%D1%86%D0%B5%D0%BF%D1%81/%D1%80%D0%B0%D0%B7%D0%B3%D0%B8%D0%B1%D0%B0%D0%BD%D0%B8%D0%B5-%D1%80%D1%83%D0%BA%D0%B8-%D0%BD%D0%B0%D0%B7%D0%B0%D0%B4-%D1%81-%D0%B3%D0%B0%D0%BD%D1%82%D0%B5%D0%BB%D1%8C%D1%8E-%D0%B2-%D0%BD%D0%B0%D0%BA%D0%BB%D0%BE%D0%BD%D0%B5) | 3 | 12 |



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| [Разгибание одной рукой с гантелью из-за головы стоя](http://xn--l1auflc.xn--p1ai/%D1%83%D0%BF%D1%80%D0%B0%D0%B6%D0%BD%D0%B5%D0%BD%D0%B8%D1%8F/%D1%82%D1%80%D0%B8%D1%86%D0%B5%D0%BF%D1%81/%D1%80%D0%B0%D0%B7%D0%B3%D0%B8%D0%B1%D0%B0%D0%BD%D0%B8%D0%B5-%D0%BE%D0%B4%D0%BD%D0%BE%D0%B9-%D1%80%D1%83%D0%BA%D0%BE%D0%B9-%D1%81-%D0%B3%D0%B0%D0%BD%D1%82%D0%B5%D0%BB%D1%8C%D1%8E-%D0%B8%D0%B7-%D0%B7%D0%B0-%D0%B3%D0%BE%D0%BB%D0%BE%D0%B2%D1%8B-%D1%81%D1%82%D0%BE%D1%8F) | 3 | 12 |



**Спина**

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| [Тяга гантелей в наклоне](http://xn--l1auflc.xn--p1ai/%D1%83%D0%BF%D1%80%D0%B0%D0%B6%D0%BD%D0%B5%D0%BD%D0%B8%D1%8F/%D1%81%D1%80%D0%B5%D0%B4%D0%BD%D1%8F%D1%8F-%D0%BE%D0%B1%D0%BB%D0%B0%D1%81%D1%82%D1%8C-%D1%81%D0%BF%D0%B8%D0%BD%D1%8B/%D1%82%D1%8F%D0%B3%D0%B0-%D0%B3%D0%B0%D0%BD%D1%82%D0%B5%D0%BB%D0%B5%D0%B9-%D0%B2-%D0%BD%D0%B0%D0%BA%D0%BB%D0%BE%D0%BD%D0%B5) | 5 | 12, 10, 10, 8, 6 |



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| [Тяга в наклоне одной гантелью](http://xn--l1auflc.xn--p1ai/%D1%83%D0%BF%D1%80%D0%B0%D0%B6%D0%BD%D0%B5%D0%BD%D0%B8%D1%8F/%D1%81%D1%80%D0%B5%D0%B4%D0%BD%D1%8F%D1%8F-%D0%BE%D0%B1%D0%BB%D0%B0%D1%81%D1%82%D1%8C-%D1%81%D0%BF%D0%B8%D0%BD%D1%8B/%D1%82%D1%8F%D0%B3%D0%B0-%D0%B2-%D0%BD%D0%B0%D0%BA%D0%BB%D0%BE%D0%BD%D0%B5-%D0%BE%D0%B4%D0%BD%D0%BE%D0%B9-%D0%B3%D0%B0%D0%BD%D1%82%D0%B5%D0%BB%D1%8C%D1%8E) | 5 | 12, 10, 10, 8, 6 |



**Бицепс**

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| [Сгибание на бицепс стоя](http://xn--l1auflc.xn--p1ai/%D1%83%D0%BF%D1%80%D0%B0%D0%B6%D0%BD%D0%B5%D0%BD%D0%B8%D1%8F/%D0%B1%D0%B8%D1%86%D0%B5%D0%BF%D1%81/%D1%81%D0%B3%D0%B8%D0%B1%D0%B0%D0%BD%D0%B8%D0%B5-%D0%BD%D0%B0-%D0%B1%D0%B8%D1%86%D0%B5%D0%BF%D1%81-%D1%81%D1%82%D0%BE%D1%8F) | 3 | 10 |
| [Поочерёдное сгибание рук хватом «молоток»](http://xn--l1auflc.xn--p1ai/%D1%83%D0%BF%D1%80%D0%B0%D0%B6%D0%BD%D0%B5%D0%BD%D0%B8%D1%8F/%D0%B1%D0%B8%D1%86%D0%B5%D0%BF%D1%81/%D0%BF%D0%BE%D0%BE%D1%87%D0%B5%D1%80%D1%91%D0%B4%D0%BD%D0%BE%D0%B5-%D1%81%D0%B3%D0%B8%D0%B1%D0%B0%D0%BD%D0%B8%D0%B5-%D1%80%D1%83%D0%BA-%D1%85%D0%B2%D0%B0%D1%82%D0%BE%D0%BC-%D0%BC%D0%BE%D0%BB%D0%BE%D1%82%D0%BE%D0%BA) | 2 | 10 |



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| **Квадрицепс** | | |
| [Выпады с гантелями](http://xn--l1auflc.xn--p1ai/%D1%83%D0%BF%D1%80%D0%B0%D0%B6%D0%BD%D0%B5%D0%BD%D0%B8%D1%8F/%D0%BA%D0%B2%D0%B0%D0%B4%D1%80%D0%B8%D1%86%D0%B5%D0%BF%D1%81/%D0%B2%D1%8B%D0%BF%D0%B0%D0%B4%D1%8B-%D1%81-%D0%B3%D0%B0%D0%BD%D1%82%D0%B5%D0%BB%D1%8F%D0%BC%D0%B8) | 4 | 12, 10, 10, 8 |
| [Шаг с гантелью вверх](http://xn--l1auflc.xn--p1ai/%D1%83%D0%BF%D1%80%D0%B0%D0%B6%D0%BD%D0%B5%D0%BD%D0%B8%D1%8F/%D0%BA%D0%B2%D0%B0%D0%B4%D1%80%D0%B8%D1%86%D0%B5%D0%BF%D1%81/%D1%88%D0%B0%D0%B3-%D1%81-%D0%B3%D0%B0%D0%BD%D1%82%D0%B5%D0%BB%D1%8C%D1%8E-%D0%B2%D0%B2%D0%B5%D1%80%D1%85)(на скамейку) | 3 | 12 |
| [Приседания с гантелями](http://xn--l1auflc.xn--p1ai/%D1%83%D0%BF%D1%80%D0%B0%D0%B6%D0%BD%D0%B5%D0%BD%D0%B8%D1%8F/%D0%BA%D0%B2%D0%B0%D0%B4%D1%80%D0%B8%D1%86%D0%B5%D0%BF%D1%81/%D0%BF%D1%80%D0%B8%D1%81%D0%B5%D0%B4%D0%B0%D0%BD%D0%B8%D1%8F-%D1%81-%D0%B3%D0%B0%D0%BD%D1%82%D0%B5%D0%BB%D1%8F%D0%BC%D0%B8) | 4 | 12, 10, 10, 8 |

**Икры**

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| [Подъём на икры стоя с гантелями](http://xn--l1auflc.xn--p1ai/%D1%83%D0%BF%D1%80%D0%B0%D0%B6%D0%BD%D0%B5%D0%BD%D0%B8%D1%8F/%D0%B8%D0%BA%D1%80%D1%8B/%D0%BF%D0%BE%D0%B4%D1%8A%D1%91%D0%BC-%D0%BD%D0%B0-%D0%B8%D0%BA%D1%80%D1%8B-%D1%81%D1%82%D0%BE%D1%8F-%D1%81-%D0%B3%D0%B0%D0%BD%D1%82%D0%B5%D0%BB%D1%8F%D0%BC%D0%B8) | 2 | 12, 10 |



**Плечи**

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| [Жим гантелей стоя](http://xn--l1auflc.xn--p1ai/%D1%83%D0%BF%D1%80%D0%B0%D0%B6%D0%BD%D0%B5%D0%BD%D0%B8%D1%8F/%D0%B4%D0%B5%D0%BB%D1%8C%D1%82%D0%BE%D0%B2%D0%B8%D0%B4%D0%BD%D1%8B%D0%B5-%D0%BC%D1%8B%D1%88%D1%86%D1%8B/%D0%B6%D0%B8%D0%BC-%D0%B3%D0%B0%D0%BD%D1%82%D0%B5%D0%BB%D0%B5%D0%B9-%D1%81%D1%82%D0%BE%D1%8F) | 4 | 12, 10, 10, 8 |



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| [Разведение гантелей в стороны](http://xn--l1auflc.xn--p1ai/exercise/deltoids/razvedenie-gantelei-v-storony) | 3 | 12, 10, 10 |
| [Разведение гантелей в наклоне](http://xn--l1auflc.xn--p1ai/%D1%83%D0%BF%D1%80%D0%B0%D0%B6%D0%BD%D0%B5%D0%BD%D0%B8%D1%8F/%D0%B4%D0%B5%D0%BB%D1%8C%D1%82%D0%BE%D0%B2%D0%B8%D0%B4%D0%BD%D1%8B%D0%B5-%D0%BC%D1%8B%D1%88%D1%86%D1%8B/%D1%80%D0%B0%D0%B7%D0%B2%D0%B5%D0%B4%D0%B5%D0%BD%D0%B8%D0%B5-%D0%B3%D0%B0%D0%BD%D1%82%D0%B5%D0%BB%D0%B5%D0%B9-%D0%B2-%D0%BD%D0%B0%D0%BA%D0%BB%D0%BE%D0%BD%D0%B5) | 3 | 12, 10, 10 |



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| [Шраги гантелями](http://xn--l1auflc.xn--p1ai/%D1%83%D0%BF%D1%80%D0%B0%D0%B6%D0%BD%D0%B5%D0%BD%D0%B8%D1%8F/%D1%82%D1%80%D0%B0%D0%BF%D0%B5%D1%86%D0%B8%D0%B8/%D1%88%D1%80%D0%B0%D0%B3%D0%B8-%D0%B3%D0%B0%D0%BD%D1%82%D0%B5%D0%BB%D1%8F%D0%BC%D0%B8) | 4 | 12, 10, 10, 8 |

