

برنامه 12 روزه تمرین در تعطیلات عید نوروز

Day / Area	Exercise	Reps/Time	Rest
Week 1			
Day 1 – Lower Body	Jumping Jacks	12 Reps/30 Seconds	10 Seconds
	Squats	12 Reps/30 Seconds	10 Seconds
	Mountain Climbers	30 Seconds	10 Seconds
	Calf Raises	3x12	30 Seconds
Day 2 – Upper Body	Push Ups	12 Reps/30 Seconds	10 Seconds
	Sit Ups	12 Reps/30 Seconds	10 Seconds
	Tricep Dips	12 Reps/30 Seconds	10 Seconds
	Bicep Curls	3x12	30 Seconds
Day 3 – Full Body	Burpees	12 Reps/30 Seconds	10 Seconds
	Lunges	12 Reps/30 Seconds	10 Seconds
	Mountain Climbers	30 Seconds	10 Seconds
	Plank	30 Seconds	30 Seconds
Day 4 – Lower Body	Jumping Jacks	14 Reps/30 Seconds	15 Seconds
	Squats	14 Reps/30 Seconds	15 Seconds
	Mountain Climbers	45 Seconds	15 Seconds
	Calf Raises	4x12	30 Seconds
Day 5 – Upper Body	Push Ups	14 Reps/30 Seconds	15 Seconds
	Sit Ups	14 Reps/30 Seconds	15 Seconds
	Tricep Dips	14 Reps/30 Seconds	15 Seconds
	Bicep Curls	4x12	30 Seconds
Day 6 – Full Body	Burpees	14 Reps/30 Seconds	15 Seconds
	Lunges	14 Reps/30 Seconds	15 Seconds
	Mountain Climbers	45 Seconds	15 Seconds
	Plank	45 Seconds	30 Seconds
REST DAY!	REST DAY!	REST DAY!	REST DAY!

Day / Area	Exercise	Reps/Time	Rest
Week 2			
Day 7 – Lower Body	Mountain Climbers	30 Seconds	10 Seconds
	Burpees	12 Reps/30 Seconds	10 Seconds
	Lunges	3x12	30 Seconds
	Seated Calf Raises	3x12	30 Seconds
Day 8 – Upper Body	Stomach Crunches	12 Reps/30 Seconds	10 Seconds
	Plank	45 Seconds	10 Seconds
	Pullovers	3x12	30 Seconds
	Front Raise	3x12	30 Seconds
Day 9 – Full Body	Plank	50 Seconds	30 Seconds
	Shoulder Press	3x12	30 Seconds
	Squats	12 Reps/30 Seconds	10 Seconds
	Tricep Dips	12 Reps/30 Seconds	10 Seconds
Day 10 – Lower Body	Mountain Climbers	45 Seconds	15 Seconds
	Burpees	14 Reps/30 Seconds	15 Seconds
	Lunges	4x12	30 Seconds
	Seated Calf Raises	4x12	30 Seconds
Day 11 – Upper Body	Stomach Crunches	12 Reps/30 Seconds	15 Seconds
	Plank	60 Seconds	15 Seconds
	Pullovers	3x12	30 Seconds
	Front Raise	3x12	30 Seconds
Day 12 – Full Body	Burpees	14 Reps/30 Seconds	30 Seconds
	Lunges	14 Reps/30 Seconds	30 Seconds
	Mountain Climbers	45 Seconds	15 Seconds
	Plank	45 Seconds	15 Seconds
REST DAY!	REST DAY!	REST DAY!	REST DAY!

آلبا اسپورت