



CLIENT INFORMATION

Name: Omar Tayel

Age: 30

Goal: Work on posture-alignment, Fitness level, Muscle gain & Belly fat

Workout intensity: Intermediate

Workout routine: Split system, (Chest & back / Legs & shoulders)

DAY 1 Chest & Back

CARDIO : 20 mins warm-up Power walk

EXERCISE	SET	REPS/TIME	NOTES
Machine incline chest	3	10-12	
Seated pull down	3	10-12	
BB. Flat chest press	3	8-10	
Seated wide row	3	8-10	
Machine Butterfly	2	12-15	
Cable straight arm pull down	2	12-15	

DAY 2 Leg & shoulder

CARDIO : 20 mins warm-up cycling

EXERCISE	SET	RIPS/TIME	NOTES
Leg extension	3	10-12	
Machine Reverse fly	3	10-12	
Leg press	3	8-10	
Cable Face pull	3	8-10	
Leg curl	2	15	
Barbell Shrugs	2	15	

DAY 3 : Home, Chest & Back**CARDIO :**

EXERCISE	SET	RIPS/TIME	NOTES
DB. flat chest press	3	10	
One arm row	3	10	
Plank	3	45 sec.	
Banded back extension	3	10	
DB. inc. chest press	3	10	
Weighted sit-ups	3	10	
DB. Wide row	3	10	
DB. butterfly	3	10	
Russian twist	3	10	

DAY 4 : Home, Shoulder & legs**CARDIO**

EXERCISE	SET	RIPS/TIME	NOTES
Goblet squat	3	15	
DB. lateral raises	3	8-10	
Rumanian Dead lift	3	12-15	
DB. Shoulder press	3	8-10	
Seated front raise	3	8-10	
Walking lunges	3	One round	
Bicycle crunches	2	30	
Mountain climbers	2	30	
Side plank	2	30 sec.	Each side

DAY 5**CARDIO**

EXERCISE	SET	RIPS/TIME	NOTES