



CLIENT INFORMATION:

Name Hossam El Sallab

Age 36

Goal (neck, back & ankle mobility / Core & overall muscles strength)

Work intensity Intermediate

Work routine (Shoulders – Back – Legs – Chest)

DAY 1 Shoulder

CARDIO 20 mins waking then start with core

EXERCISE	SET	RIPS/TIME	NOTES
Warm-up	2	15	Rotator cuff, dynamic stretch, over head press
Cable Face pull	3	12	
DB. Shoulder press	3	12	
Cable Front raise	3	12	
DB. Reverse fly	3	12	
BB. Shrugs	3	12	
Dead bug	2	20 sec	
Bridge	2	12-15	
Roman chair	2	10	
Stretching			

DAY 2 Back

CARDIO 20 mins Elliptical then start with core

EXERCISE	SET	RIPS/TIME	NOTES
Warm-up	2	15	Straight arm pull down – TRX Row
Cable close grip Pull down	3	12	
DB. One arm wide row	3	12	
Machine wide grip Pull down	3	12	
Seated Close grip row	3	12	
Banded superman	2	12-15	
Side plank	2	20 sec. each	
Bird dog	2	10 each	
Stretching			

DAY 3 Legs

CARDIO 20 mins cycling then start with core

EXERCISE	SET	RIPS/TIME	NOTES
warm-up	2	15	TRX squats – Banded side steps
Goblet squats	3	15	
Calf raises	3	20	
One DB. Back Lunges	3	15	
Swiss ball Leg curls	3	15	
Leg Extension	3	15	
Tuck reverse leg raises	2	10	
Beast	2	30 sec	
Cat cow	2	12-15	
Stretching			

DAY 4 Chest

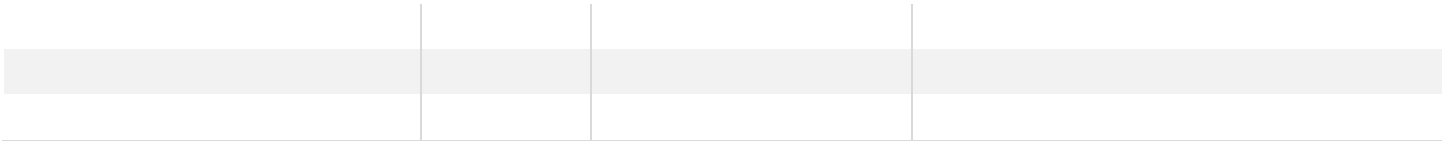
CARDIO 20 mins walking then start with core

EXERCISE	SET	RIPS/TIME	NOTES
Warm-up	2	15	Rotator cuff – Machine chest or Banded fly
Machine Butterfly	3	12	
BB. incline Chest press	3	12	
DB. Incline Butterfly	3	12	
DB. Flat Chest press	3	12	
Band torso rotation	2	10 each	
Reverse plank	2	5	
Plank	2	30 sec	
Stretching			

DAY 5

CARDIO

EXERCISE	SET	RIPS/TIME	NOTES



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