CLIENT INFORMATION
Name: Dina Hanafi
Age: 37
Goal: Be more fit – Overall muscles strength – Fix the posture.
Workout intensity: Intermediate
Workout routine: Split system, (Push / Pull / Legs)

DAY 1 Pull

Warm-up : Dynamic stretches

EXERCISE	SET	REPS/TIME	NOTES
Bent over row (Narrow)	3	12	
Up right row	3	12	
Sit-ups	3	12	
Reverse fly	3	12	
Bent over row (Wide)	3	12	
Leg Raises	3	12	
Lat pull down Deadlift	3	12	
Russian twist Biceps curls Superman	3	12	
Crunches Stretching	3	12	

DAY 2 Push **Warm-up : Dynamic stretches**

EXERCISE	SET	RIPS/TIME	NOTES
DB. Flat chest press	3	12	
DB. Shoulder press	3	12	
Plank rotation	3	12	
DB. Butterfly	3	12	
DB. Side raises	3	12	
DB. Plank touch	3	12	
Single arm front raise DB. Triceps kick back	3	12	
Bicycle Incline chest press	3	12	
Triceps over head Reverse crunches	3	12	
Stretches	3		

DAY 3 Legs & Functional **Warm-up : Dynamic stretching**

EXERCISE	SET	RIPS/TIME	NOTES
Goblet squats	3	12	
Rear deltoid	3	12	
Lateral lunges	3	12	
One hand row	3	12	
Romanian deadlift	3	12	
Hummer curls	3	12	
Incline bridge	3	12	
Kick with DB. Triceps	3	12	
Single leg deadlift Front & side raise	3	12	
ABS. Plank	3	30 sec	
Stretches			

DAY 4 :

CARDIO

EXERCISE	SET	RIPS/TIME	NOTES

DAY 5

CARDIO

EXERCISE	SET	RIPS/TIME	NOTES