



CLIENT INFORMATION

Name: Omar

Age: 30

Goal: Overall muscle strength & Belly fat

Workout intensity: Intermediate

Workout routine: Split system, (Chest-Bi / Back-Tri /Shoulder-Leg)

DAY 1 Chest & Bi

CARDIO :15 mins jogging

EXERCISE	SET	REPS/TIME	NOTES
Cable decline butterfly	3	10-12	
DB. Flat Chest press	3	10-12	
Machine Seated butterfly	3	10-12	
BB. incline chest press	3	12-15	
Cable Rope Hummer curls	3	8-10	
Zig zag Seated curls	3	8-10	
Hanging leg raises	3	8-10	
Stretching			

DAY 2 Back & Tri

CARDIO : 15 mins warm-up Rowing

EXERCISE	SET	RIPS/TIME	NOTES
Seated close grip row	3	10-12	Plate loaded
Machine wide grip pull down	3	10-12	
T-Bar wide grip row	3	10-12	Plate loaded
Cable close grip pull down	3	12-15	
Romain chair	3	8-10	
Machine Dips	3	8-10	Plate Loaded
Cable rope triceps push down	3	8-10	
Stretching			

DAY 3 : Shoulder & Legs

CARDIO : 15 mins cycling

EXERCISE	SET	RIPS/TIME	NOTES
Leg press	3	15	
Machine shoulder press	4	10	
Leg curls	3	15	
Machine reverse fly	4	10	
Leg extension	3	15	
DB. Shrugs	4	10	
BB. Calf raises	3	20	
DB. Side raises	4	10	
Cable rope Face Pull	4	10	
Stretching			

DAY 4 :

CARDIO

EXERCISE	SET	RIPS/TIME	NOTES

DAY 5

CARDIO

EXERCISE	SET	RIPS/TIME	NOTES