



CLIENT INFORMATION:

Name : Hany shaker

Age : 45

Goal : fat loss / muscle gain

Work intensity : moderate

Work routine : (chest & back / shoulder & legs)

DAY 1 chest & back

CARDIO 30 mins walking

EXERCISE	SET	RIPS/TIME	NOTES
Flat chest press	3	12	
One arm row	3	12	
butterfly	3	12	
Pull down	3	12	
bridge	2	12	
plank	2	45 sec.	

DAY 2 shoulder & legs

CARDIO 30 mins elliptical

EXERCISE	SET	RIPS/TIME	NOTES
leg extension	3	15	
leg curl	3	15	
BB. Squats	3	15	
BB. Lunges	3	15	
Bird dog	2	10	
superman	2	10	

DAY 3**CARDIO**

EXERCISE	SET	RIPS/TIME	NOTES

DAY 4**CARDIO**

EXERCISE	SET	RIPS/TIME	NOTES

DAY 5**CARDIO**

EXERCISE	SET	RIPS/TIME	NOTES