



CLIENT INFORMATION:  
Name Bakr abdel tawab  
Age 45  
Goal Gain muscles  
Work intensity  
Work routine push pull legs

DAY 1		CARDIO	
EXERCISE	SET	REPS/TIME	NOTES
Lat pull down	3	10	
Band pull apart	3	15	
Single DB row	3	10	
Biceps DB curl	3	10	
Bar bent over row	3	10	
Hammar curl	3	10	
Back extension	3	15	
Low plank	3	30 secs	

DAY 2		CARDIO	
EXERCISE	SET	REPS/TIME	NOTES
Wall sit	3	Min	
DB walking lunges	3	12	
Leg curl on swiss ball	3	15	
Goblet squat	3	15	
RDL	3	12	
Hip thursters	3	15	

**DAY 3****CARDIO**

EXERCISE	SET	REPS/TIME	NOTES
Push ups	3	15	
DB chest fly	3	15	
DB incline chest press	3	10	
DB lateral raises	3	12	
Triceps extension	3	15	
Dips	3	15	
DB shoulder press	3	10	

**DAY 4****CARDIO**

EXERCISE	SET	RIPS/TIME	NOTES

**DAY 5****CARDIO**

EXERCISE	SET	RIPS/TIME	NOTES