



CLIENT INFORMATION:
 Name Hala Kandil
 Age
 Goal lose body fat, tone and sculpt body
 Work intensity Moderate
 Work routine 2/3 times a week

DAY 1		CARDIO	
EXERCISE	SET	RIPS/TIME	NOTES
Squat jumps	3	12	
Lunges front + back	3	12	
Bridges elevated +hold	3	12	
Biceps Curls	3	12	
Dumbbell Row + Kickback	3	12	
Seated Arnold Press	3	12	
Situps	3	15	
Russian Twist	3	10(2FOR1)	
Leg Raises	3	10	

DAY 2		CARDIO	
EXERCISE	SET	RIPS/TIME	NOTES

DAY 3**CARDIO**

EXERCISE	SET	RIPS/TIME	NOTES

DAY 4**CARDIO**

EXERCISE	SET	RIPS/TIME	NOTES

DAY 5**CARDIO**

EXERCISE	SET	RIPS/TIME	NOTES