



CLIENT INFORMATION

Name: Anas Malek

Age: 29

Goal: Toning, Reshaping, Muscle gain & Belly fat

Workout intensity: Intermediate

Workout routine: Split system, (Push / Pull / Leg)

DAY 1 Push

CARDIO : 30 mins warm-up Power walk

EXERCISE	SET	REPS/TIME	NOTES
Machine Flat chest press	3	10-12	
Seated Shoulder press	3	10-12	
Machine incline chest press	3	10-12	
DB. Side lateral raise	2	12-15	
Triceps pushdown	2	8-10	
Overhead triceps extension	2	8-10	
Plank	2	1 min	
Stretching			

DAY 2 Pull

CARDIO : 30 mins warm-up cycling

EXERCISE	SET	RIPS/TIME	NOTES
Db. one arm row	3	10-12	
Machine Pull down	3	10-12	
DB. shrugs	3	10-12	
Cable Face pull	2	12-15	
Zig bar curl	2	8-10	
DB. Hummer curl	2	8-10	
Sit-ups	2	20	
Stretching			

DAY 3 : Legs**CARDIO : 30 mins Elliptical**

EXERCISE	SET	RIPS/TIME	NOTES
Leg press	3	10	
Leg curl	3	10	
Wall sit	3	45 sec.	
Calf raises	3	20	
Leg extension	3	10	
Hip Add & Abduction	2	20	2 sets each Machine
Leg raises	2	20	
Stretching			

DAY 4 : Abs**CARDIO 60 mins walk**

EXERCISE	SET	RIPS/TIME	NOTES
Bicycle crunches	2	20	
Bridge	2	20	
Russian twist	2	30	
Weighted sit-ups	2	15	
Side plank	2	30 sec each	
Stretching			
			Each side

DAY 5**CARDIO**

EXERCISE	SET	RIPS/TIME	NOTES