



CLIENT INFORMATION

Name: Kareem Meselhy

Goal: Overall Muscle Strength, Fat loss

Workout intensity: Intermediate

Workout routine: Split system, (Push / Pull / Full Body weight)

DAY 1 Push

Warm-up : 15 Power walking/ rotator cuff, dynamic

EXERCISE	SET	REPS/TIME	NOTES
Machine flat chest press	3	10-12	
DB. Side raises	3	10-12	
Machine Leg press	4	12-15	
DB. Incline chest press	3	10-12	
Leg Extension	4	12-15	
Machine Shoulder press	3	10-12	Side – wide grip
Plank	2	30 – 40 sec	
Stretching			

DAY 2 Pull

Warm-up : 15 mins elliptical/ rotator cuff, dynamic

EXERCISE	SET	RIPS/TIME	NOTES
Plate loaded. Seated row	3	10-12	Close grip
Cable face pull	3	10-12	
Squat machine or Bar	4	12-15	
Machine. Lat Pull down	3	10-12	Wide grip
DB. Seated Arnold press	3	10-12	
Leg curls	4	12-15	
Sit-ups	3	20	
Stretching			

DAY 3 Full body

Warm-up : 5x 60 Jumping jacks

EXERCISE	SET	RIPS/TIME	NOTES
Pushups	3	30s work – 30s rest	Option knee pushups
Wall sit	3	30s work – 30s rest	
Mountain climbers	3	30s work – 30s rest	Option plank
Superman	3	30s work – 30s rest	
Squat jumps	3	30s work – 30s rest	Option squats
Bicycle crunches	3	30s work – 30s rest	
Stretching			

DAY 4 : Full body**CARDIO: 5x 60 High knees**

EXERCISE	SET	RIPS/TIME	NOTES
Alternating Lunges	3	30s work – 30s rest	
Dips	3	30s work – 30s rest	
Side plank	4	30s work – 30s rest	
Step ups	3	30s work – 30s rest	Use; stairs, chair or couch
Burpees	3	20s work – 40s rest	Option mountain climbers
Palm to elbow Plank	3	30s work – 30s rest	Option low plank

DAY 5 Core**CARDIO**

EXERCISE	SET	RIPS/TIME	NOTES
Bridge	3	20s work – 40s rest	
Sky reachers	3	20s work – 40s rest	
Bird dog	3	20s work – 40s rest	
Palm to elbow plank	3	20s work – 40s rest	
Beast form	3	20s work – 40s rest	
Diamond situps	3	20s work – 40s rest	