

# Real Results Fitness Men's P/P/L Program



Copyright © 2016. Fady Mansi. All rights reserved, including the right to reproduce any or all of the contents of the materials in here, in any manner. The author exclusively retains all rights to reproduce, transmit, upload, download, compile, decompile, reverse-engineer, hold in any retrieval system format, scan, photograph, photocopy or fax, distribute via the internet or in any other manner the contents of this book. Without exception, written permission of the author is required for any action relating to the content of this book.

#### DISCLAIMER!

Please consult your physician prior to beginning the exercise, nutrition or supplementation protocols. Fady Mansi's advice is not meant to replace professional medical advice. Fady Mansi will not be responsible for any injuries or potential death whilst following this program but that it is unlikely if you follow the program as instructed. **Make sure to properly warm up & stretch before beginning all exercises.**

# Men's Push/Pull/Legs Training Plan □ Push Day

★ When you can finish the prescribed sets and reps it's time to move up in weight

Name	Sets	Reps	Rest Time
*Barbell Bench/Dumbbell Bench Press	4	4-7	Up to 5 Minutes
**Incline Bench Press/ Incline Dumbbell bench	3	8-12	Up to 3 Minutes
Machine/ Dumbbell Flye	3	15	60-90 Seconds
*Dumbbell Shoulder Press	3	6-10	Up to 5 Minutes
**Superset Triceps 1.) Rope Tricep Pushdowns 2.) Rope Overhead	3	10-15	60-90 Seconds

\* Any Exercises Marked with a \* you can begin with 1-2 minutes of rest. Since these are compound movements and you are including multiple muscles, you'll eventually need more rest time as the weight increase - up to 5 Minutes max!

\*\*These Compound movements the rest times are not as long because we will be working at a slightly lower weight since the sets/reps have changed. It's normal to feel more blood flow through your muscles but not as much fatigue with these higher reps

\*\*\* A superset is two exercises back to back. Once you have completed the 2 exercises rest then repeat for prescribed sets

**Important:** In order to see the best type of progress It's imperative that you stick with the same program for 4-8 weeks before making major changes. This way you can track your progress and see if you are getting better from workout to workout and/or week to week.

# Men's Push/Pull/Legs Training Plan □ Pull Day

★ When you can finish the prescribed sets and reps it's time to move up in weight

Name	Sets	Reps	Rest Time
<b>**Barbell/Dumbbell Rows</b>	3	6-10	Up to 3 Minutes
Weighted Pull Ups/ Assisted Pull Ups	3	6-10	Up to 3 Minutes
Single arm DB Rows/ Machine Rows	2	10-15	60-90 Seconds
Lat Pulldowns	2-3	12-15	60-90 Seconds
Reverse flyes	2-3	12-15	60-90 Seconds
Seated/Standing Lateral Raises	3	12-20	60-90 Seconds
Upright Rows	4	8-12	60-90 Seconds
<b>**Superset Biceps</b> 1.) Barbell Curls 2.) Reverse Curls/Hammer Curls	3	6-10	60-90 Seconds

\*These Compound movements the rest times are not as long because we will be working at a slightly lower weight since the sets/reps have changed. It's normal to feel more blood flow through your muscles but not as much fatigue with these higher reps

\*\*\* A superset is two exercises back to back. Once you have completed the 2 exercises rest then repeat for prescribed sets

**Important:** In order to see the best type of progress It's imperative that you stick with the same program for 4-8 weeks before making major changes. This way you can track your progress and see if you are getting better from workout to workout and/or week to week.

# Men's Push/Pull/Legs Training Plan □ Legs

★ When you can finish the prescribed sets and reps it's time to move up in weight

Name	Sets	Reps	Rest Time
*Barbell Squats	3-5	4-6	Up to 5 Minutes
**Leg Press/ Hack Squat	4	12-15	3-5 Minutes
Leg Extensions	3	12-20	60-90 Seconds
Bulgarian Split Squats	4	12-15 Each Leg	60-90 Seconds
Seated Hamstring Curls	3	15	60-90 Seconds
***Superset <u>Calf Raises</u> 1.) Standing 2.) Seated	4	6-10	60-90 Seconds

\* Any Exercises Marked with a \* you can begin with 1-2 minutes of rest. Since these are compound movements and you are including multiple muscles, you'll eventually need more rest time as the weight increase - up to 5 Minutes max!

\*\*These Compound movements the rest times are not as long because we will be working at a slightly lower weight since the sets/reps have changed. It's normal to feel more blood flow through your muscles but not as much fatigue with these higher reps

\*\*\* A superset is two exercises back to back. Once you have completed the 2 exercises rest then repeat for prescribed sets

**Important:** In order to see the best type of progress It's imperative that you stick with the same program for 4-8 weeks before making major changes. This way you can track your progress and see if you are getting better from workout to workout and/or week to week.