

Real Results Fitness Men's Upper/ Lower Program



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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 Lower Body Training Plan Day 1

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

Name	Sets	Reps	Rest Time
*Barbell Squats/ Goblet Squats	3-5	4-6	Up to 5 minutes
*Leg Press	3	6-10	Up to 5 minutes (3 recommended)
Leg Extensions	3	6-12	60-90 Seconds
Standing Calf Raises	4	8-12	60-90 Seconds
Seated Calf Raises	3	6-10	60-90 Seconds
*Romanian Deadlift	2	6-10	Up to 5 Minutes
Lying Hamstring Curls	3	10-12	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!

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 Lower Body Training Plan Day 2

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

Name	Sets	Reps	Rest Time
* Barbell Squats/ Goblet Squats	3	8-15	60-90 Seconds
** Leg Press/ Hack Squat	4	12-15	60-90 Seconds
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

* These Compound movements the rest times are not as long as Lower day 1 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 Upper Body Training Plan Day 1

★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 5 Minutes
Machine/ Dumbbell Flye	3	15	60-90 Seconds
*Barbell/Dumbbell Rows	3	4-7	Up to 5 Minutes
Weighted Pull Ups/ Assisted Pull Ups	3	6-10	Up to 3 Minutes
*Dumbbell Shoulder Press	3	6-10	Up to 5 Minutes
Upright Rows	4	8-12	60-90 Seconds
**Superset 1.) Tricep Pushdowns 2.) Barbell Curls	3	6-10	60-90 Seconds

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Men's Upper Body Training Plan Day 2

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

Name	Sets	Reps	Rest Time
**Incline Barbell/Dumbbell Bench Press	3	8-12	60-90 Seconds
**Flat Bench Press	3	8-10	60-90 Seconds
Bodyweight/ Weighted Dips	2	10-12	60-90 Seconds
*Dumbbell Shoulder press	2	10-15	60 Seconds
Barbell Upright Row	3	8-10	60-90 Seconds
Seated/Standing Lateral Raises	3	12-20	60-90 Seconds
*Barbell/Dumbbell row	3	8-12	60-90 Seconds
**Superset Biceps 1.) Dumbbell/Barbell Curls 2.) Reverse/Hammer Curls	4	12-15	60-90 Seconds
**Superset Triceps 1.) Rope Tricep Pushdowns 2.) Rope Overhead	3	10-15	60-90 Seconds

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