

Real Results Fitness Women's 4 Day 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.**

Women'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
Hip Abduction Machine	2-3	10-15 This is only to warm up your hips to prepare you for squats. Pick a weight that will challenge but not fatigue you	45-60 Seconds
*Barbell Back Squats/ Goblet Squats	3-5	4-7	Up to 5 Minutes
Adductor Machine	3	6-12	60-90 Seconds
*Barbell Stiff Legged Deadlift/ Dumbbell Romanian Deadlift	4	4-8	Up to 5 Minutes
Leg Extensions	3	6-12	60-90 Seconds
*Barbell Glute Bridges	3	12-15	1-3 Minutes
Standing Calf Raises	3	6-12	60-90 Seconds
Seated Calf Raises	3	8-10	60-90 Seconds
Lying Hamstring Curls	2	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!

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.

Women'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
Hip Abduction	3	15	60-90 Seconds
*Barbell Back Squat	3	10-12	Up to 3 Minutes
Goblet Squats	4	15	60-90 Seconds
Leg Extensions	3	15	60-90 Seconds
*Barbell Stiff Legged Deadlifts/ Dumbbell Romanian Deadlifts	3	10-12	Up to 3 Minutes
*Barbell Glute Bridges	3	15 Reps	Up to 3 Minutes
Bulgarian Split Squats	3	10-15 Reps	60-90 Seconds
Single leg glute Cable kickback	3	15 Reps	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

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Women'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
*Incline Barbell/ Dumbbell Bench Press	4	4-7	Up to 5 Minutes
Incline Dumbbell Flyes	2	12-15	60-90 Seconds
Pullups/Assisted Pullup Machine	3	6-10	60-90 Seconds
*Barbell/Dumbbell Rows	3	6-8	Up to 5 Minutes
*Dumbbell Shoulder Press	4	6-8	Up to 3 Minutes
Reverse Flyes	3	15	60-90 Seconds
**Superset 1.) Close grip Bench Press 2.) Barbell Curls	3	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!

** 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.

Women'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
Pullups/ Assisted Pullup Machine	3	10	60-90 Seconds
**Superset Incline Barbell/Dumbbell Bench Pushups	3 3	8-12 10	1-2 Minutes
Barbell Upright Row	2-3	10-15	60-90 Seconds
*Barbell/ Dumbbell Rows	3	10-12	Up to 3 Minutes
*Dumbbell Shoulder Press	3-4	10-12	Up to 3 minutes
**Superset 1.) Dumbbell Lateral Raises 2.) Front Dumbbell Raises	3	6-12	60-90 Seconds
Tricep Push Down	4	6-10	60-90 Seconds
**Superset 1.) Cable Overhead Tricep Extension 2.) Single Arm Cable Kickbacks	3	6-10 10-15	60-90 Seconds
**Superset 1.) Seated/Standing Dumbbell Curls 2) Reverse Curls	3	8-12	60-90 Seconds

* These Compound movements the rest times are not as long as Upper 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.