

# Real Results Fitness Women'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..**

# Women's Push/Pull/Legs Training Plan □ Leg Day

★ 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
<b>*Barbell Back Squats</b>	3-5	4-7	Up to 5 Minutes
Adductor Machine	3	6-12	60-90 Seconds
<b>*Barbell Stiff Legged Deadlift/ Dumbbell Romanian Deadlift</b>	4	4-8	Up to 5 Minutes
Leg Extensions	3	6-12	60-90 Seconds
<b>*Barbell Glute Bridges</b>	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 Push/Pull/Legs Training Plan □ Push

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

Name	Sets	Reps	Rest Time
<b>*Incline Barbell/ Dumbbell Bench Press</b>	4	4-7	Up to 5 Minutes
**Superset Barbell/Dumbbell Bench Press	3	8-12	1-2 Minutes
Pushups	3	10	
Incline Dumbbell Flyes	2	15	60-90 Seconds
<b>*Dumbbell Shoulder Press</b>	3-4	10-12	Up to 3 minutes
Tricep Push Down	4	6-10	60-90 Seconds
**Superset 1.) Cable Overhead Tricep Extension	3	6-10	60-90 Seconds
2.) Single Arm Cable Kickbacks		10-15	

\* 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 Push/Pull/Legs Training Plan □ Pull

★ 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	6-10	60-90 Seconds
<b>*Barbell/Dumbbell Rows</b>	3	6-8	Up to 5 Minutes
Hyperextensions	2	15-20	60-90 Seconds
Barbell Upright Row	2-3	10-15	60-90 Seconds
Reverse Flyes	3	15	60-90 Seconds
**Superset 1.) Dumbbell Lateral Raises 2.) Front Dumbbell Raises	3	6-12	60-90 Seconds
**Superset 1.) Seated/Standing Dumbbell Curls 2) Hammer Curls	3	8-12	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!

\*\* 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.