

Real Results Fitness Full Body Strength &

Endurance 2-4 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.**

Men's/ Women's 2-4 Day Full Body Routine

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

Name	Sets	Reps	Rest Time
Ball Crunches	2	10	60 seconds
Hyperextensions	2	10	60 seconds
Bodyweight Squats Progression: (hold dumbbells at side to increase difficulty)	2	12-20	60 Seconds
**Superset 1.) Dumbbell/Barbell Bench Press 2.) Push Ups/ Modified Push Ups	2-4	8-12	60 Seconds
**Superset 1.) Lat Pulldown 2.) Dumbbell Pullover on Stability Ball	2-4	8-12	60 Seconds
**Superset 1.) Machine Overhead Shoulder Press 2.) Single leg dumbbell Scaptions	2-4	8-12	60 Seconds
*Superset 1.) Leg Press 2.) Dumbbell Step Up	2-4	8-12	60 Seconds

Make Sure you are resting 48 hours between workouts. This workout primarily consists of supersets.

**A superset is two exercises back to back. Once you have completed the 2 exercises rest then repeat for prescribed number of sets. This is a minimum of a 2 day program but you can do theses up to 4 days a week.

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.