

Abdelhaq Pump and Burn: (Week date range: / from _____ to _____ /)

Day 1:

Start: Warm up Cardio 10 Minutes

Chest										
Exercise	Rep.	W.	Rep.	W.	Rep.	W.	Rep.	W.	Rep.	W.
Barbell Bench Press										
Incline Dumbbell Press										
Decline Dumbbell Bench Press										
Dumbbell Flyes										
Bent-Arm Dumbbell Pullover										

End: Abs (3 Exercises), and Fat Burning 40 Minutes

Day 2:

Start: Warm up Cardio 10 Minutes

Shoulders										
Exercise	Rep.	W.	Rep.	W.	Rep.	W.	Rep.	W.	Rep.	W.
Arnold Dumbbell Press										
Dumbbell Lateral Raise										
Front Dumbbell Raise										
Rear Deltoid Row										
Upright Barbell Row										

End: Fat Burning 40 Minutes

Day 3:

Start: Warm up Cardio 10 Minutes

Back										
Exercise	Rep.	W.	Rep.	W.	Rep.	W.	Rep.	W.	Rep.	W.
Lying T-Bar Row										
Seated Cable Rows										
Barbell Deadlift										
Wide-Grip Lat Pulldown										
Pulldown										

End: Fat Burning 40 Minutes

Day 4: Off

Day 5:

Start: Warm up Cardio 10 Minutes

Arms										
Exercise	Rep.	W.	Rep.	W.	Rep.	W.	Rep.	W.	Rep.	W.
Standing Dumbbell Triceps Extension										
Lying Close-Grip Barbell Triceps Extension Behind The Head										
Triceps Dumbbell Kickback										
EZ-Bar Curl										
Standing Inner-Biceps Curl										
Barbell Scott Curl (Close-Grip)										
Palms-Down Dumbbell Wrist Curl Over A Bench										
Palms-Up Dumbbell Wrist Curl Over A Bench										

End: Abs (3 Exercises), and Fat Burning 40 Minutes

Day 6:

Start: Warm up Cardio 10 Minutes

Legs										
Exercise	Rep.	W.	Rep.	W.	Rep.	W.	Rep.	W.	Rep.	W.
Hack Squat										
Leg Press										
Leg Extensions										
Lying Leg Curls										
Seated Calf Raise										

End: Fat Burning 40 Minutes