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Riffa | Alhajiyat 939 | Kingdom of Bahrain

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# One Dreamer. One Trainer.™

Provider	<b>LATIF FITNESS CENTER</b>
Full Name	<b>Weight Loss Program</b>
Workout Type	<b>Level 1</b>

Day **Daily Warmup**

No.	Exercise	Reps	Set	Tempo	Comment
1	Roll The Thoracic	10	1		
2	Split Plank Twist	10 Each Side	1		
3	90/90 Hip Mobility	10 Each Side	1		
4	Adductors Activation	10 Seconds	3		
5	Bridge	15	2		
6	Supine Core - Knee Press	30 Seconds	3		
7	Fw-Bk Run	30 Seconds	2		
	Side Shuffles	30 Seconds			
	Skip	30 Seconds			

Day **1 x 3 weeks**

No.	Exercise	Reps	Set - Week	Rest	Comment
1	Squat	10	3-4-5	60 Second	
	Side Leap	10			
	High Plank Feet Tap	10			
2	DeadLift	10	3-4-5	60 Second	
	Side Skip	10			
	Side Plank	10			



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Day 2 x 3 weeks

Run or walk for 30 Minute

مشي او هرولة خفيفة لمدة ٣٠ دقيقة

Day 3 x 3 weeks

No.	Exercise	Reps	Set - Week	Rest	Comment
1	Chest Press	10	3-4-5	60 Second	
	SL RDL	10			
	Dimond Jump	10			
2	DB Back Row	10	3-4-5	60 Second	
	Ball Wall Throw	10			
	No# 8 Run	5			



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4 x 3 weeks  
 Run or walk for 20 Minute  
 Day مشي او هرولة خفيفة لمدة ٢٠ دقيقة

Day 5 x 3 weeks

No.	Exercise	Reps	Set	Rest	Comment
1	Squat DB Press	10	Stairs درج	60 Second	تأكد من سماع الارشادات في الفيديو
2	Biceps Curl	10			
3	Side Lunges	5 Each Side			
4	DB OH Triceps Extension	10			
5	Eccentric Jump Learning	10			
6	High Plank	10			



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