



+973 35330066  
Flat 11, Bldg. 274, Road 3903  
Riffa | Alhajiyat 939 | Kingdom of Bahrain

[www.latifitness.com](http://www.latifitness.com)

# One Dreamer. One Trainer.™

|              |                      |
|--------------|----------------------|
| Provider     | LATIF FITNESS CENTER |
| Full Name    | Weight Loss Program  |
| Workout Type | Level 2              |

Day **Daily Warmup**

| No. | Exercise             | Reps         | Set | Tempo | Comment |
|-----|----------------------|--------------|-----|-------|---------|
| 1   | Side Thoracic opener | 10           | 1   |       |         |
| 2   | Cat and Camel        | 10 Each Side | 1   |       |         |
| 3   | Hip Mobility         | 10 Each Side | 1   |       |         |
| 4   | Mini Band Activation | 10 Each Side | 3   |       |         |
| 5   | Wall hinging         | 15           | 1   |       |         |
| 6   | Plank Feet Tap       | 10 Each Side | 2   |       |         |
| 7   | Run                  | 3 Minutes    | 1   |       |         |

Day **1 x 4 weeks**

| No. | Exercise                         | Reps | Set - Week | Rest      | Comment |
|-----|----------------------------------|------|------------|-----------|---------|
| A   | 1. Squat Press                   | 10   | 4          | 60 Second |         |
|     | 2. Side Shuffles                 | 10   |            |           |         |
|     | 3. Plank Row - Option Knee Plank | 10   |            |           |         |
| B   | 1. DeadLift hight row            | 10   | 4          | 60 Second |         |
|     | 2. Fw-Run Squat - Bk Run Squat   | 10   |            |           |         |
|     | 3. Side Plank                    | 10   |            |           |         |



Flat 11, Bldg. 274, Road 3903, Riffa / Alhajiyat 939, Kingdom of Bahrain



+973 35330066



Latifitness



[www.latifitness.com](http://www.latifitness.com)

Day 2 x 4 weeks

| No. | Exercise                          | Reps | Set - Week    | Rest         | Comment                                 |
|-----|-----------------------------------|------|---------------|--------------|---|
| 1   | Squat Rotational High Row         | 10   | Stairs<br>درج | 60<br>Second | تأكد من سماع<br>الارشادات في<br>الفيديو |
| 2   | Frontal Biceps Curl               | 10   |               |              |   |
| 3   | Side Lunge - Rotational 1 Arm row | 10   |               |              |   |
| 4   | Triceps kick Back                 | 10   |               |              |   |
| 5   | Eccentric Lunges                  | 10   |               |              |   |
| 6   | Plank Twist                       | 5    |               |              |   |

Day 3 x 4weeks

Run or walk for 30 Minute

مشي او هرولة خفيفة لمدة 40 دقيقة



Flat 11, Bldg. 274, Road 3903, Riffa / Alhajiyat 939, Kingdom of Bahrain



+973 35330066



Latifitness

[www.latifitness.com](http://www.latifitness.com)

## Day 4 x 4 weeks

| No. | Exercise                   | Reps         | Set | Rest          | Comment |
|-----|----------------------------|--------------|-----|---------------|---------|
| A   | 1. Fast X FW-BK Run        | 4            | 4   | 45<br>Seconds |         |
|     | 2. Hammer Reverse Lunge    | 5 Each Side  |     |               |         |
|     | 3. Fw Jump Bk Shuffels     | 5            |     |               |         |
| B   | 1. One DB Bent Over DB Row | 10 Each Side | 4   | 60<br>Seconds |         |
|     | 2. OH Rotational Slam Ball | 10 Each Side |     |               |         |
|     | 3. Pushup                  | 10           |     |               |         |

## Day 5 x 4 weeks

| No. | Exercise                | Reps   | Set - Week    | Rest         | Comment                                 |
|-----|-------------------------|--------|---------------|--------------|---|
| 1   | Half Kneeling woodchoop | 10 E.S | Stairs<br>درج | 60<br>Second | تأكد من سماع<br>الإرشادات في<br>الفيديو |
| 2   | Hing to split R/L       | 10     |               |              |   |
| 3   | Squat DB Fly            | 10     |               |              |   |
| 4   | Bridge Chest Press      | 10     |               |              |   |
| 5   | Elbow to Hand Plank     | 10     |               |              |   |



Flat 11, Bldg. 274, Road 3903, Riffa / Alhajiyat 939, Kingdom of Bahrain



+973 35330066



Latifitness



[www.latifitness.com](http://www.latifitness.com)