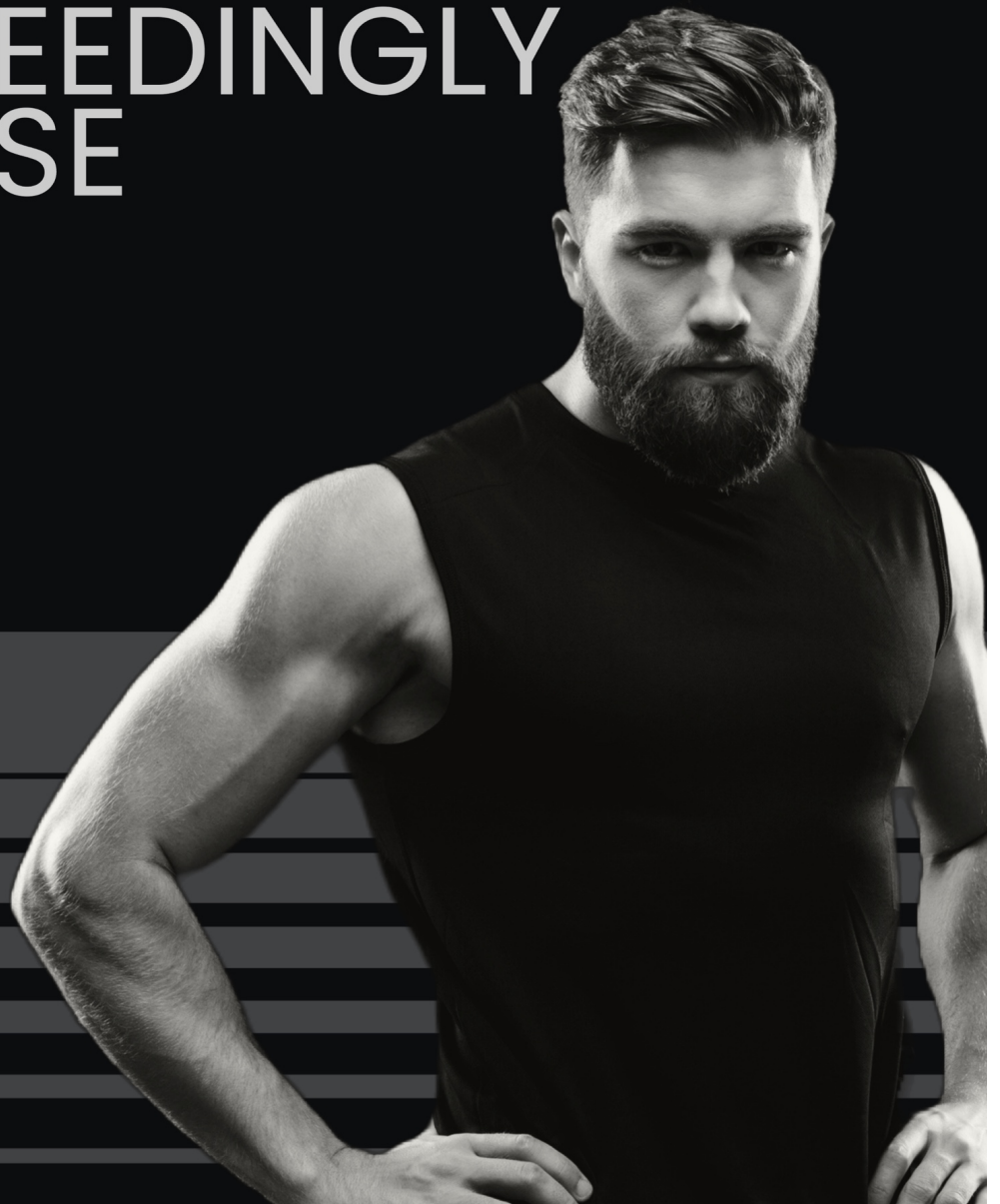


# KASRAT

LET'S TURN YOUR FAT INTO FIT

WORKOUT  
PLAN  
FOR  
EXCEEDINGLY  
OBESE



DAYS	WORKOUT SPLIT
MONDAY	UPPER BODY PUSH
TUESDAY	LOWER BODY PUSH
WEDNESDAY	CARDIO + ABS
THURSDAY	UPPER BODY PULL
FRIDAY	LOWER BODY PULL
SATURDAT	OFF
SUNDAY	CARDIO + ABS

### MONDAY – UPPER BODY PUSH

STRENGTH	EXERCISE	SETS	REPS	REST
WARM UP	1. EMPTY BARBELL BENCH PRESS 2. LIGHT WEIGHT LATERAL RAISE	2 2	20-25 20-25	-----
REGULAR SET	1. BARBELL BENCH PRESS	4	25-20-20-15	2-3MINUTES
REGULAR SET	2. DB FLY	2	20	2-3MINUTES
REGULAR SET	3. BARBELL SHOULDER PRESS	4	25-20-20-15	2-3MINUTES
REGULAR SET	4. DB LATERAL RAISE	3	20	2-3MINUTES
SUPERSET	5A. BARBELL SKULL CRUSHER 5B. TRICEP PUSH DOWN	4 4	12-15 15-18	2-3MINUTES

### TUESDAY – LOWER BODY PUSH

STRENGTH	EXERCISE	SETS	REPS	REST
WARM UP	1.BODY WEIGHT SQUAT 2. STRETCHINGS (CAN DO LEG EXTENSION &	2 2	20-25 20-25	-----

	LEG CURL WITH LIGHT WEIGHTS)			
REGULAR SET	2. BARBELL SQUAT	4	25-20-20-15	2-3MINUTES
REGULAR SET	3. DB SPLIT SQUAT	2	20	2-3MINUTES
REGULAR SET	4. LEG PRESS	4	25-20-20-15	2-3MINUTES
REGULAR SET	5. CALF RAISE (STANDING OR SEATED)	5	25-20-20-15	2-3MINUTES

### WEDNESDAY – CARDIO & ABS

STRENGTH	EXERCISE	SETS	REPS	REST
REGULAR SET	1. TREADMILL	-----	25MINUTES	-----
REGULAR SET	2. ROPE CRUNCHES	2	20	2-3MINUTES
REGULAR SET	3. SPIDERMAN CRUNCHES	2	20	2-3MINUTES
REGULAR SET	4. LAYING LEG RAISE	3	20	2-3MINUTES
REGULAR SET	5. CROSS WOOD CHOPPER	3	20	2-3MINUTES

### THURSDAY – UPPER BODY PULL

STRENGTH	EXERCISE	SETS	REPS	REST
WARM UP	1. PULL-UPS	2	UNTIL FAILURE	-----
REGULAR SET	1. WIDE GRIP LATS PULL DOWN	4	25-20-20-15	2-3MINUTES
REGULAR SET	2. DB ROWS	2	20	2-3MINUTES
REGULAR SET	3. BARBELL CURLS	4	25-20-20-15	2-3MINUTES
REGULAR SET	4. DB INCLINE CURL	2	20	2-3MINUTES
REGULAR SET	5. BARBELL SHRUGS	4	25-20-20-15	2-3MINUTES

REGULAR SET	FOREARM CURL	2	20	1MINUTES
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#### FRIDAY – LOWER BODY PULL

STRENGTH	EXERCISE	SETS	REPS	REST
WARM UP	1.BODYWEIGHT SQUAT + HYPEREXTENSION	3 2	20-25 15-18	-----
REGULAR SET	2. BARBELL DEADLIFT	4	25-20-20-15	2-3MINUTES
REGULAR SET	3. GOOD MORNING	2	20	2-3MINUTES
REGULAR SET	4. LAYING LEG CURL	4	25-20-20-15	2-3MINUTES
REGULAR SET	5. GLUTEUS BODY BRIDGE	2	20	2-3MINUTES
REGULAR SET	6. HAMSTRING EXTENSION	3	20-15-15	2-3MINUTES

#### SUNDAY – CHEST & TRICEP (LOW VOLUME)

STRENGTH	EXERCISE	SETS	REPS	REST
REGULAR SET	1. TREADMILL	-----	25MINUTES	-----
REGULAR SET	2. ROPE CRUNCHES	2	20	2-3MINUTES
REGULAR SET	3. SPIDERMAN CRUNCHES	2	20	2-3MINUTES
REGULAR SET	4. LAYING LEG RAISE	3	20	2-3MINUTES
REGULAR SET	5. CROSS WOOD CHOPPER	3	20	2-3MINUTES