



DURRAHNATION

**CUSTOMIZED BODY BUILDING
PROGRAM**

THE KING OF ONLINE COACHING

Getting Your Desired Form

Client Information:

Name: Mohamed Aloum Country: USA

Gender: Male Age: 22

Weight: 78.0 Kg Height: 184 cm

Hi Mohamed,

Bro, Its weird that you tried a plan before and didn't get the results you want? Did you execute 100%. Anyways this time the diet is tougher and your workout plan is altered. Please work hard, and execute 100%. Your tuna should be in water not in oil. Use the weekends to workout. I also suggest that you prepare your meals in bulk over the weekend, that way you wont consume time during the week prepping, thus setting a strong foundation for success.



The Program Instructions

PLEASE READ CAREFULLY

The diet I made you is a carb cycling diet which will help keep your metabolism high, and the refeeds will make you grow, cardio there obviously to help burn fat along with the supplements. Just please keep in mind the supplements will only help what is already there given you're doing and following the diet 100%. There is no 95% for goals like this.

The most important thing to get from Redcon1 is their protein (isotope). Redcon1 is one of the very few companies that does the whey isolate lactose free and the meal replacement mre protein is made from real food. It is essential and non-replaceable. Also the MRE lite is important as well.

Some of the supplements are from Redcon1, the protein is the most essential because its lactose free! Buy them from

<https://redcon1.com/?aff=6358>

Also use coupon code **durrah20** for 20% off your cart. I'd get them asap because they take time to arrive. You don't have to use all of them, just the protein powders and multi vitamin if you are on a budget.

WORKOUT

The Workout Program

"Go hard or, really, it becomes pointless"
- Mahmood Al Durrah

WORKOUT GUIDELINES

- Don't focus on sets, focus on when you feel the muscle has been pushed beyond its maximum capacity.
- Be smart, push yourself, but if you feel a strange ache or sensation in your joint or muscle, it's a sign to stop immediately and change exercises and go more moderately the rest of the workout.
- Think of this philosophy, the muscle only grows when exposed to a stress it is not used to or familiar with.

WORKOUT GUIDELINES

- Rest time between sets: there are no rest time! You do the next set when you feel ready and recovered from the previous one. It could take 30 seconds, or up to 2 to 3 minutes!
- Squeeze for One two seconds at the top of each motion when the muscle is fully contracted
- Do not go lower the weight immediately, lower the weight in two seconds.
- Make sure you are squeezing your core, as if you are in plank position during any phase of the workout, this includes straightening your lower back

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WORKOUT GUIDELINES

- When doing any standing shoulder workout, or any other muscle for that matter, make sure to be squeezing your core as if you are in plank position but to also maintain a squeeze in the glutes.
- Your arms should not be the ones putting in the work, they are the ones that support, it is your muscle that should be working, work on creating the mind muscle connection.
- During back exercises your elbow should be the one that is pull backward the weight not your arm. During Biceps, keep your elbows stuck to your side and dont rock. In chest, squeeze your chest together at the top of every motion.

Day 1: Legs (rep range for legs is always 10 to 15)

HIP THRUSTS WITH BARBELL AND BENCH	1 set warm up of 20, then 3 working sets, 12, 12, 8 to 10.
STIFF DEADLIFTS WITH DUMBBELL OR BAR	3 working sets, 15, 15, 12
SEATED OR LYING LEG CURLS	1 warm up set of 15 to 20, 2 working sets 8 to 10
INNER THIGH MACHINE	3 sets (3, but last one drop)
LEG EXTENSION	5 sets, 1 warm up for 30, then 15, 12, 12, 10 (drop set)
HACK OR MACHINE SQUAT OR FREE SQUAT	4 sets, 20, 15, 12, 12
LEG PRESS	3 sets, 20, 12, 10
WALKING LUNGES	3 sets, 10 steps each leg
LEG EXTENSION AGAIN	3 sets, 12, 12, 10 (drop set)
STANDING CALVE RAISES	4 sets, 14, 12, 12, 10

DAY 2: SHOULDERS, TRAPS, AND BICEPS + ABS

SHOULDER PRESS WITH SMITH MACHINE	1 warm up of 20, then 3 sets, 12, 10 8
SEATED (INCLINE A LITTLE) FRONT DUMBBELL RAISES	1 set warm up of 15, then 2 working set of 10, and 8
DUMBBELL LATERAL RAISE	4 sets, 10 each (go up in weight after each set, and each set, do a drop set with half the weight and same number of reps again)
OVERHAND REVERSE MACHINE FLIES	3 sets, 12, 12, 10
BENT OVER DUMBBELL RAISES (REAR DELT AGAIN)	3 sets, 10, 10, 8
SHRUGS (TRAPS)	4 sets, 15, 12, 10, 8
CABLE CONCENTRATION CURLS *FROM EACH SIDE*	4 sets, 1 warm up of 20, then 15, 12, 12

HEAVY EZ CABLE CURLS	4 sets, 12, 10, 8 (drop set)
REVERSE STRAIGHT BAR CURLS	4 sets, 12, 10, 8 (Drop set)

Day 3: OFF

Day 4: Chest and Triceps + ABS

SUPER SET CABLE FLIES (TOP TO BOTTOM) WITH MACHINE OR FREE WEIGHT DIPS	5 sets, 20, 15, 12, 10, 10
MACHINE PRESS (FLAT CHEST/STRAIGHT)	3 sets, 15, 12, 8 (drop set)
INCLINE BARBELL CHEST PRESS	3 sets, 15, 12, 8
MACHINE INCLINE PRESS	2 sets, 12, then max weight possible up to 8 reps
ROPE EXTENSION (REVERSE DROP SET)	Watch how to do it here: https://www.youtube.com/watch?v=_nJhj0e99Tc&t=14s
REVERSE EZ BAR PUSH DOWN	4 sets, 12, 12, 10, 10
SINGLE ARM OVERHEAD DUMBBELL EXTENSIONS	4 sets, 15, 12, 12, 10

Day 5: Back, rear delts, and traps + calves

T BAR ROWS OR BARBELL ROWS	1 warm up of 20, then 3 working, 12, 10, 8
SEATED CABLE ROWS CLOSE GRIP	1 warm up set of 15, then 2 working, 10, 8 (drop set)
STANDING CABLE DOWNWARD PULLOVER	3 sets, 15, 12, 10 3 sets, 12, 10, 10
HAMMER GRIP REVERSE FLY MACHINE	
LAT PULLDOWNS	4 sets, 15, 12, 10 10
V-GRIP PULLDOWNS	2 sets, heaviest possible, 8, 8 (drop set)

SMNITH MACHINE DEAD LIFT SUPERSET WITH THE SAME MACHINE DOING SHRUGS	4 sets, 10-12 reps per set
SEATED CALLVE RAISES OR STANDING	4 sets, 12 reps

Day 6: OFF

Day 7: Repeat Day 1 and then move to day 2 etc.

ABS WORKOUT – 4 TIMES PER WEEK .

CRUNCHES	Start with a warm up of crunches of 20 to 30 reps
HEAVY BALL CRUNCHES	2 sets of 15 – 20 reps
SEATED MACHINE CRUNCHES	1 set 15 reps – Use heavy weight
LEG RAISES	As many as you can
ELBOW PLANK (SQUEEZE CORE AND LOWER BACK REALLY TIGHT	As many seconds as you can – failure (Always aim for at least 1 second better than before

This is the stepmill machine:



The background of the entire page is a photograph of a white bowl filled with a fresh salad, including green leafy vegetables, sliced cucumbers, and other colorful ingredients. A silver fork is visible in the lower right corner, resting on a wooden surface. The entire image is covered with a semi-transparent blue overlay.

NUTRITION

The Nutrition & Supplement Plan

*The plan is designed for your current body
and your current goals*

NUTRITION GUIDELINES

- Avoid farmed fish such as tilapia or farmed salmon, try and find haddock fish instead!
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- Use lots of herbs and spices when cooking any meal to add flavor and also to make use of their anti-oxidants and anti-inflammatory effects
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- Add kale, spinach, or other greens in shakes/smoothies to add fiber and increase nutrition
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- You will do 1 high carb day and then the prescribed amount of low carb days. It has nothing to do with the week, you just do 1 high, and the number of low. If you do not lose fat fast enough, add an extra low day.

NUTRITION GUIDELINES

- On off days, do not take the carbohydrate and protein powder shake, instead, eat a meal, if it's a low carb day, just protein and veggies, if its high carb day, use carbs with the same macros as the post workout shake.
- Chicken is measured after cooking, and also meat. Rice is measured after cooking.
- First 3 weeks no cheat meals. Then cheat every 3rd high carb day
- You can have 2 squares of dark chocolate a day, 75% by lindt.

Number of High Carb Days: 1

Number of Low Carb Days: 3

If You want to lose weight faster or aren't losing weight fast enough do 4 Low Carb Days

Cardio On The Stairmaster After Everyday except Leg Day: 25 Minutes

This is your High Carb Day Schedule:

@ 8:00: 200 ml of water with lemon + 5 grams of glutamine + 1 tablespoon of apple cider vinegar

+ 1 scoop of lean mode by evolution nutrition from www.bodybuilding.com

@ 8:15: 2 egg + 6 egg whites + 75 g oatmeal + 1 apple + multi vitamin + 2 grams of CLA +

your coffee + 1 serving of 11 bravo by redcon1

@ 11:15: 1 tablespoon of apple cider vinegar + 1 scoop of lean mode by evolution nutrition

from www.bodybuilding.com

@ 12:30: 0.5 scoop double tap up to a scoop

Workout @ 13:00

Post Workout: 2 scoop whey isolate + 1 apple + 15 almonds + 2 grams of l-carnitine tartrate + 10g

bcaa + 10gram of eaa + 10g glutamine

@ 15:00: 6 oz haddock fish fillet + 255 g brown rice + bowl of salad with lettuce,cucumber,green

onion, green pepper, parsley + 1 Tbspn olive oil + balsamic vinegar + lemon and salt

@ 17:00: 1 scoop whey isolate + 14 almonds

@ 19:00: 6 oz chicken breast + 1 brown toast + can add mustard and other herbs

@ 21:00: 5 oz chicken breast + 155 g sweet potato + bowl of salad with lettuce,cucumber,green

onion, green pepper, parsley + balsamic vinegar + 2 grams CLA

This is your Low Carb Day Schedule:

@ 8:00: 200 ml of water with lemon + 5 grams of glutamine + 1 tablespoon of apple cider vinegar

+ 1 scoop of lean mode by evolution nutrition from www.bodybuilding.com

@ 8:15: 2 egg + 6 egg whites + 70 g oatmeal + multi vitamin + 2 grams of CLA + your coffee

+ 3g of omega 3 + 1 serving of 11 bravo by redcon1

@ 11:15: 1 tablespoon of apple cider vinegar + 1 scoop of lean mode by evolution nutrition

from www.bodybuilding.com

@ 12:30: 0.5 scoop double tap up to a scoop

Workout @ 13:00

Post Workout: 2 scoop whey isolate + 2 grams of l-carnitine tartrate + 10g bcaa + 10gram of eaa +

10g glutamine

@ 15:00: 1 Can canned tuna + 105 g brown rice + bowl of salad with lettuce,cucumber,green onion,

green pepper, parsley + 0.5 Tbspn olive oil + lemon + 2 grams of CLA

@ 17:00: 5 oz haddock fish fillet + 100 g brown rice + 2 cucumbers, 2 bell peppers, 2 grams

of CLA

@ 19:00: 2 Scoop mre lite + 1 apple + 10 almonds

@ 21:00: 5 oz chicken breast + 0.5 avocado + Steamed vegetables

MEAL SUBSTITUTES

CARBOHYDRATES

Steamed White Rice, Steamed Brown Rice, Sweet Potato, Baked Potato, Oats

PROTEIN

100% Lean Ground Beef, Chicken, Tuna, Wild Salmon, White fish fillet,

FATS

MCT Oil, Avocado, Unsalted Almonds, Unsalted Walnuts, Unsalted hazelnuts, Omega 3

FRUITS

Apples, Oranges, Strawberry, Raspberry, Blueberry, Kiwi, Fig, Melon

VEGETABLES

Lettuce, cucumbers, bellpeppers, broccoli, tomatoes, spinach, carrots, kale

COOKING INSTRUCTIONS

WHAT YOU CAN USE

mustard
pink himalyan salt
diet Pepsi or 7up or zero coke
bake your chicken
any herbs on food
ketchup in moderation

WHAT YOU SHOULD STOP

candy
chocolates
fruit juices
BBQ sauces and such sauces with high sugar
sugar

HOW TO COOK YOUR MEALS

Bake proteins in the oven.
No oil. you can do eggs using pam spray, but only a quick spray so it doesn't stick to the pan, and scramble.
Rice and veggies always steamed.

ADDITIONAL SUPPLEMENTS

RECOMMENDED PRODUCTS

Whey protein isolate isotope – redcon1

MRE lite – redcon1 (food based protein powder)

Doubletap preworkout/fat burner – redcon1 – if you have kidney issues just drink a cup of espresso

11 Bravo – Redcon1

CLA – 2 grams with 3 meals a day – amazon

Multi Vitamin – rainbow light – amazon or iherb

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BCAA and EAA – breach and grunt by redcon1

Lean mode by evolution nutrition

2020



THERE IS NO 95% IN THIS PROGRAM - ONLY 100%