

Ibrahim Gurhan's Fat Loss, Muscle Building Workout Routine.

- HIIT= High Intensity Interval Training. Sprint Full Speed 1min, Rest 1min. 10 or 20 Cycles
- Slow Steady Cardio= Treadmill run for 40mins or 1Hour on slow speed.
- 5 days a week, 2 day Rests.

Week	Day 1	Day 2	Day 3	Day 4	Day 5
Week 1 Beginner	- Slow Steady Cardio - 15 min Abs	- All of Upper Body -10 Cycles HIIT Workout	- Lower Body - 5 Cycles HIIT workout	- Slow Steady Cardio - 15 min Abs	- Upper Body - 10 Cycles HIIT workout
Week 2	- Slow Steady Cardio -15 min Abs	Lower Body 5 Cycles HIIT workout	- Upper Body 10 Cycles HIIT workout	- Slow Steady Cardio 15 min Abs	- Lower Body - 5 Cycles HIIT workout
Week 3	- Shoulders HIIT, Abs	Legs -light squats, - and deadlifts Abs	- Chest - Abs	- Back - 10 Cycles HIIT Workout	- Biceps-Triceps - 10 Cycles HIIT Workout
Week 4	- Shoulders - 20 Cycles HIIT	Legs -light squats, - and deadlifts Abs	- Chest - Abs	- Back -20 Cycles HIIT Workout	- Biceps-Triceps - 20 Cycles HIIT Workout
Week 5	REST	Slow Steady Cardio	REST	Slow Steady Cardio	REST
Week 6	- Chest - Abs	- Back - 10 Cycles HIIT Workout	- Shoulders HIIT, Abs	- Biceps-Triceps - 20 Cycles HIIT Workout	Legs -light squats, - and deadlifts Abs
Week 7	- Slow Steady Cardio -Abs	- Chest - Abs	- Back - 10 Cycles HIIT Workout	- Shoulders HIIT, Abs	- Biceps-Triceps - 20 Cycles HIIT Workout
Week 8	Legs -light squats, - and deadlifts Abs	- Chest - Abs	Legs -light squats, - and deadlifts Abs	- Back - 20 Cycles HIIT Workout	- Shoulders HIIT, Abs

WORKOUT LOG

GOALS: _____

DATE:

WEIGHT:

SLEEP (hrs):

CALORIES:

TIME (minutes):

NOTES:

M Tu W Th F Sa Su	M Tu W Th F Sa Su	M Tu W Th F Sa Su	M Tu W Th F Sa Su	M Tu W Th F Sa Su

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