<u>1- Week</u>	<u>2-Week</u>	3 Week	4. Week	5. Week	6. Week	7.Week	8. Week	9.Week	10.Week	11.Week	12.Week
(Monday-	(Monday-	(Monday-	(Monday-	(Monday-	(Monday-	(Monday-	(Monday-	(Monday-	(Monday-	every day of	every day of
Wednesday-	Wednesday-	Wednesday-	Wednesday-	Wednesday-	Wednesday-	Wednesday-	Wednesday-	Wednesday-	Wednesday-	the week	the week
Friday)	Friday)	Friday)	Friday)	Friday)	Friday)	Friday)	Friday)	Friday)	Friday)		_
					Treadmill	Treadmill	Treadmill	Treadmill	Treadmill	Jump Rope	Treadmill
<u>Anatomical</u>	Anatomic	<u>Anatomical</u>	<u>Anatomical</u>	Treadmill	Training	Training	Training	Training	Training	training	Training
<u>Adaption</u>	al	Adaption	Adaption	Training	((((((30	(20
<u>- 10101 p 01011</u>		Treadmill	- 10.0.p 0.0.1	(15 main unto a)	15minutes)	15minutes)	15minutes) 3-5 minutes	15minutes) 3-5 minutes	15minutes) 3-5 minutes	minutes) 3-5 minutes	minutes) 3-5 minutes
Treadmill	<u>Adaption</u>	Training	Jump Rope	15minutes) 3-5 minutes	3-5 minutes rest	3-5 minutes rest	rest	rest	rest	rest	rest
Training		(15minutes)	training	rest	lest	rest	rest	rest	lest	iest	1631
(20 minutes)	Jump Rope	3-5 minutes	(30 minutes)	lest	Cycyling	Cycyling	Cycyling	Cycyling	Cycyling	Treadmill	Cycyling
3-5 minutes rest	training (30 minutes)	rest	3-5 minutes	Cycyling	Training	Training	Training	Training	Training	Training	Training
	3-5 minutes		rest	Training	(15	(15	(15	(15	(15	(15minutes)	(20
Cycyling Training	rest	Cycyling		(15	minutes)	minutes)	minutes)	minutes)	minutes)	3-5 minutes	minutes)
(20 minutes)	1030	Training	plank pose	minutes)	3 minutes	3 minutes	3 minutes	3 minutes	3 minutes	rest	•
	plank pose	(15 minutes)	(2 minutes	3 minutes	rest	rest	rest	rest	rest		Standing
Cooling Down	(2 minutes	3 minutes rest	3 set)	rest						Leg Press	Biceps Curl
	3 set)				Bird dog	High Knees	Abdominal	Lunge	Barbell	3 sets – 15	3 sets – 10
		Lunge Training	do crunches	Lunge	(10	(10	Crunch (10	Training	Bench Press	reps	reps
	push-up	(15 minutes)	(20 reps	Training	minutes)	Minutes)	minutes)	(10	(3 sets - 12		
	(10 reps	Cooling Down	2 set)	(10	illillates	3 minutes	3 minutes	minutes)	reps. 1	Leg	Dumbell
	2 set)	Cooling Down	Cooling Down	minutes)	3 minutes	rest	rest		minute rest	Extention	Concentrati
			Cooling Down	-	rest			3 minutes	Durah all Elu	(3 sets - 12	on Curl
	Cooling Down			3 minutes	Pectoral	Chest Press	Chest Press	rest	Dumbell Fly (3 sets – 15	reps.	3 sets – 10
				rest	machine	(3 sets - 12	(3 sets - 12	Pectoral	reps. 1	Standing	reps
				Squat (10	macmine	reps. 1	reps. 1	machine	minute rest	Calf Raises	Hammer
				minutes)	(3 sets - 12	minute rest	minute rest		Cable	4 sets – 25	Curl
				,	reps. 1	for each	for each	(3 sets - 12	Crossover	reps. 1	3 sets – 15
					minutes	set)	set)	reps. 1	3 sets – 15	minutes rest	reps. 1
				Cooling	rest for	-		minutes	reps. 1		minutes rest
				Down	each set)	Lat	Vertical	rest for	minute rest	Cooling	Cooling
					Vertical	Pulldown	Traction	each set)		Down	Down
					Traction	(3 sets - 12	(3 sets - 12	Lat			
					40 . 45	reps. 1	reps. 1	Pulldown			
					(3 sets - 12	терз. 1					

	minute rest for each set) Pulley 3 sets - 12 reps. 1 minute rest for each set) Cooling	minute rest for each set) Leg Extansion (3 sets - 12 reps. 1 minute rest for each set) Cooling Down	minute rest for each set) Leg Curl 3 sets - 12 reps. 1 minute rest for each set) Cooling Down	(3 sets - 12 reps. 1 minute rest for each set) Leg Press (3 sets - 12 reps. 1 minute rest for each set) Cooling Down			
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Name – Surname: Bilge KAYA

Age: 19

Heights: 163 Weights: 50

Name- surname: Bilge KAYA

Age : 20

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRİDAY	SATURDAY	SUNDAY
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	<u>Breakfast</u>
Scrambled eggs,	2 slices wholemeal	Boiled eggs,	Broccoli , egg	Omellette,	Boiled egg	Chese toast
grilled tomato and 2	toast with peanut	cheese and honey	toast	Sliced tomatoes	5-6 green olive	Sliced tomatoes and
slices of wholemeal	butter, sliced	with butter	Milk	and cucumber,	Cheese and	cucumber
toast Small glass	tomatoes and			Tea	honey	Jam
(150ml) orange juice	cucumbers	<u>Lunch</u>	<u>Lunch</u>	L <u>unch</u>	Orange juice	tea
	Tea	Thin crust	Chicken soup	Tuna salad,		
<u>Lunch</u>		Margherita pizza	and potatoes	And Orange Juice	L <u>unch</u>	L <u>unch</u>
Roast chicken, roast	<u>Lunch</u>	with added	salad with		Boiled potatoes	Boiled broccoli and
potatoes, peas and	Lentil soup, Wasabi	vegetables and a	parsley	Evening Meal	with yoghurt and	kale
carrots Homemade	and Tuna sandwich	side salad Fruit		Mantı (pasty or	salad	Caesar salad
spiced rice pudding		salad	Evening Meal	pierogi)		
	Evening Meal		Baked fish,	With butter	Evening Meal	Evening Meal
Evening Meal	Grilled chicken salad,	Evening Meal	unsalted onion	Seasonal salad	Spagetti with	Boiled beans with
Spaghetti Bolognese	Brown rice,	Roasted chicken	salad and	Orange	specia sauce,	sauce
with wholewheat	Ayran	breast and Greek	Turnip	Juice(handmade)	Mixed salad	Brown rice
spaghetti		salad			Ayran	Lemonade
	<u>Snacks</u>	Ayran	<u>Snacks</u>	<u>Snacks</u>		
<u>Snacks</u>		<u>Snacks</u>	Orange juice	Plain scone with	<u>Snacks</u>	<u>Snacks</u>
1 apple Homemade	Nuts	Homemade	chopped	low fat spread	5 dried apricots	1 banana
plain popcorn		Lemonade	banana		1 apple	50 gr peanuts.
		1 tangerine				

rest High Knees (3 sets - 12 reps. 1 minute rest) Mountain Manmakers (3 sets - 10 reps. 1 minute rest) Mountain Climbers (3 sets - 10 reps. 1 minute rest) Mountain Climbers (3 sets - 10 reps. 1 minute rest) Figh Knees (3 sets - 12 reps. 1 minute rest) Mountain Climbers (3 sets - 12 reps. 1 minute rest) Plank pose (2 minutes 3 set) Rest 2 minutes Plank pose (15 reps 2 set) Rest 2 minutes Plank pose (15 reps 2 set) Rest 2 minutes Plank pose (15 reps 2 set) Rest 2 minutes Plank pose (15 reps 2 set) Rest 2 minutes Plank pose (15 reps 2 set) Rest 2 minutes Plank pose (16 reps 2 set) Rest 2 minutes Plank pose (17 reps. 1 minute rest) Plank pose (18 rest 2 minute rest) Mule Burpees (3 sets - 12 reps. 2 minute rest) Plank pose (2 minutes 3 set) Rest 2 minutes Plank pose (3 sets - 12 reps. 2 minute rest Plank pose (15 reps 2 set) Rest 2 minutes Plank pose (16 reps 2 set) Rest 2 minutes Plank pose (3 sets - 12 reps. 2 minute rest Plank pose (3 sets - 12 reps. 2 minute rest Plank pose (3 sets - 12 reps. 2 minute rest Plank pose (3 sets - 12 reps. 2 minute rest Plank pose (3 sets - 12 reps. 2 minute rest Plank pose (3 sets - 12 reps. 2 minute rest	5.week	6.week	7.week	8.week	9.week	10.week	11.week	12.week
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Anatomical Adaption Treadmill Training (20 minutes) 3-5 minutes rest Burpees (3 sets – 10 reps. 1 minute rest) Manmakers (3 sets – 10 reps. 1 minutes rest) Mountain Climbers (3 sets – 10 reps. 1 minutes rest) Mountain Climbers (3 sets – 12 reps. 1 minutes rest) Plank pose (2 minutes as set) Rest 2 minutes push-up (10 reps 2 set) Cycyling Training (30 minutes) 3-5 minutes Treadmill Training (20 minutes) 3-5 minutes rest Lunge Jump (3 sets – 12 reps. 1 minute rest) Cycyling Training (20 minutes) 3-5 minutes rest Lunge Jump (3 sets – 12 reps. 1 minute rest) Squat Jump (3 sets – 12 reps. 1 minute rest) Mole Burpees (3 sets – 12 reps. 1 minute rest) plank pose (2 minutes) 3 set) Rest 2 minutes Plank pose (15 reps 2 set) Rest 2 minutes Plank pose (2 minutes) Lunge Training (10 reps 2 set) Covyling Training (20 minutes) Squat Jump (3 sets – 12 reps. 1 minute rest) Mule Burpees (3 sets – 12 reps. 2 minutes rest) Plank pose (2 minutes set) Lunge Training (10 reps 2 set) Covyling Training (20 minutes) Treadmill Treadmill Treadmill Training (20 minutes) Treadmill Treadmill Training (20 minutes) Treadmill Training (20 minutes) Treadmill Training (20 minutes) Treadmill Training (20 minutes) Sets – 12 reps. 1 minute rest Plank pose (2 minutes set) Squat Jump (3 sets – 12 reps. 2 minutes rest) Flank pose (2 minutes set) Squat Jump (3 sets – 12 reps. 2 minutes rest) Flank pose (3 sets – 12 reps. 2 minutes rest) Flank pose (2 minutes) Squat Jump (3 sets – 12 reps. 2 minutes rest) Flank pose (3 sets – 12 reps. 2 minutes rest) Flank pose (3 sets – 12 reps. 2 minutes rest)	Wednesday-	Wednesday-	Wednesday-	Wednesday-	Wednesday-	Wednesday-	the week	the week
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(3 sets – 10reps. 1 minutereps. 1 minutereps. 1 minuteCycylingTraining(15 minute)MountainSquat Jump(3 sets – 12Mule Burpees(3 sets – 12Mule Burpeesreps. 1 minutereps. 1 minuteminutes restPlank pose(2 minutes)(2 minutes)Jack Knife3 set)Rest 2 minutesRest 2 minutesDumbbellpush-upCycylingTraining(3 sets - 12reps. 1 minutereps. 2 minutesPlank pose(2 minutes)3 set)Rest 2 minutespush-upDumbbellSnatches(3 sets - 12reps. 2 minutes	3 minutes rest	3 minutes rest	(3 sets - 10	(3 sets - 10		rest	reps. 1 minute	
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(3 sets - 10 reps. 1 minutes rest)(3 sets - 12 reps. 1 minute rest)(3 sets - 12 reps. 1 minute rest)Mule Burpees (3 sets - 12 reps. 2 minute rest)Plank pose (2 minutes)do crunches (15 reps 2 set)plank pose (2 minutes)Jack Knife (3 sets - 15 reps. 2 minutes3 set) Rest 2 minutes3 set) Rest 2 minutesJack Knife (3 sets - 15 reps. 2 minutespush-up (10 reps 2 set)push-up (10 reps 2 set)Dumbbell Snatches (3 sets - 12 reps. 2 minutes	rest)	reps. 2 minutes	(3 sets - 10	Raise		rest	reps. 1 minute	Seated Calf
reps. 1 minutes rest) reps. 1 minute rest) reps. 2 minutes rest) plank pose (2 minutes (15 reps 2 set) Rest 2 minutes rest push-up (10 reps 2 set) Lunge Training (15 minutes) push-up (10 reps 2 set) reps. 1 minute rest) plank pose (2 minutes 3 set) Rest 2 minutes rest push-up (10 reps 2 set) Dumbbell Snatches (3 sets - 12 reps. 2 minutes rest Carallia Pa	1 200,	rest	reps. 1 minute	(3 sets - 10	Leg Curl		rest	Raise
minutes rest)rest)rest)reps. 2 minutes rest)Plank pose (2 minutes 3 set)(15 reps 2 set)Jack Knife (3 sets - 15 reps. 2 minutes rest)Rest 2 minutesRest 2 minutesRest 2 minutespush-up (10 reps 2 set)Lunge Training (15 minutes)push-up (10 reps 2 set)Dumbbell Snatches (3 sets - 12 reps. 2 minutes rest	Renegade		rest)	reps. 1 minute	(3 sets - 10	Toe Touches		3 sets – 20
Plank pose (2 minutes (15 reps 2 set) Rest 2 minutes push-up (10 reps 2 set) Caralian Para do crunches (15 reps 2 set) Rest 2 minutes push-up (10 reps 2 set) Caralian Para do crunches (15 reps 2 set) Rest 2 minutes push-up (10 reps 2 set) push-up (10 reps 2 set) Caralian Para do crunches (2 minutes 3 set) Rest 2 minutes rest push-up (10 reps 2 set) Dumbbell Snatches (3 sets - 12 reps. 2 minutes rest		Wall Calf	. 553,	rest)	reps. 1 minute	(3 sets - 10	Barbell Bench	reps. 1 minute
Plank pose (2 minutes (15 reps 2 set) Rest 2 minutes Plank pose (2 minutes (15 reps 2 set) Rest 2 minutes Rest 2 minutes Plank pose (2 minutes 3 set) Rest 2 minutes Rest 2 minutes Push-up (10 reps (15 minutes) Push-up (10 reps 2 set) Pumbbell Snatches (3 sets - 12 reps. 2 minutes (3 sets - 12 reps. 2 minutes Pumbbell Snatches (3 sets - 12 reps. 2 minutes (3 sets - 12 reps. 2 minutes (15 minutes)	reps. 2 minutes	(15 minutes)	Concentration	1 333,	rest	reps. 1 minute	Press	rest
(2 minutes(15 reps(2 minutesJack Knife3 set)2 set)3 set)(3 sets - 15Rest 2 minutesRest 2 minutesreps. 2 minutespush-up (10 reps 2 set)Lunge Training (15 minutes)push-up (10 reps 2 set)Dumbbell Snatches (3 sets - 12 reps. 2 minutes	rest	3 minutes rest	Curl	Dumbell Side		rest	3 sets - 12 reps.	
Rest 2 minutes Rest 2 minutes Push-up (10 reps 2 set) 2 set) Lunge Training (15 minutes) Push-up (10 reps 2 set) Careline Date (3 sets - 15 reps. 2 minutes rest Push-up (10 reps 2 set) Dumbbell Snatches (3 sets - 12 reps. 2 minutes rest			(3 sets - 10	Lateral Raise	Barbell Calf		1 minute rest	Barbell deadlift
Rest 2 minutes push-up (10 reps 2 set) Rest 2 minutes Push-up (15 minutes) Rest 2 minutes push-up (10 reps 2 set) Pumbbell Snatches (3 sets - 12 reps. 2 minutes rest	Cross-Crawl	push-up	reps. 1 minute	(3 sets - 10	Raises	Tricep push-up	1 milder rese	3 sets - 12 reps.
push-up (10 reps 2 set) Lunge Training (15 minutes) push-up (10 reps 2 set) Dumbbell Snatches (3 sets - 12 reps. 2 minutes rest		(17 reps	rest)	reps. 1 minute	(3 sets - 10	(3 sets - 10	Wrist Curl	2 minutes rest
push-up (10 reps 2 set) Lunge Training (15 minutes) push-up (10 reps 2 set) Dumbbell Snatches (3 sets - 12 reps. 2 minutes rest	reps. 2 minutes	2 set)	1650	rest)	reps. 1 minute	reps. 1 minute	3 sets - 12 reps.	2 minates rest
(10 reps 2 set) (15 minutes) (10 reps Dumbbell Snatches (3 sets - 12 reps. 2 minutes rest	rest	2 300,	Dumbell Curl	1636	rest	rest	1 minute rest	Pulldown Lat
2 set) 2 set) Snatches (3 sets - 12 reps. 2 minutes rest	1630		(3 sets - 10	Barbell	1030	1630	1 milate rest	3 sets - 12 reps.
(3 sets - 12 reps. 2 minutes rest			reps. 1 minute	Upright-row(3				2 minutes rest
reps. 2 minutes			rest)	sets - 10 reps. 1				2 minutes rest
rest			1030	minute rest)				
Caraltan Danie				illillate rest;				
Cooling Down Cooling Down Cooling Down	Cooling Down	Cooling Down	Cooling Down	Cooling Down	Cooling Down	Cooling Down	Cooling Down	Cooling Down
	Cooming Down	Cooming Down	Cooming Down	Cooming Down	Cooming Down	Cooming Down	Cooming Down	Cooming Down

NAME: EMIN

SURNAME: CEVIK

HEIGHT: 1.83 Meter

WEIGHT: 85 Kg

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRİDAY	SATURDAY	SUNDAY
Breakfast (08:00-	Breakfast (08:00-	Breakfast (08:00-	Breakfast (08:00-	Breakfast (08:00-	Breakfast (10:00-	Breakfast: 1 egg
09:00):	09:00):	09:00):	09:00):	09:00):	11:00):	menemen, 1 slice of
						cheese, 5 olives, 1
light tea/herbal tea	4 tablespoons of	light tea/herbal tea	1 box of plain	4 tablespoons of	light tea/linden	slice of multigrain
(unsweetened)	oatmeal	(unsweetened)	probiotic yogurt+1 kiwi+1 tablespoon	oatmeal	(sugar free)	bread, tomato, cucumber
1 boiled egg + 6 raw	1 tablespoon of	4 tablespoons of	of oat bran	1 grated apple + 1	Menemen or	
almonds	black seed raisins or	curd cheese (with		teaspoon ground	omelet made with 1	Snack: 3 apricots +
	3 prunes	black cumin and	Lunch (12:00-	cinnamon	egg	2 walnuts
Lots of cold cut		black pepper	13:00):			
vegetables and	1 teaspoon ground	added)		2 boxes of plain	2 slices of auger or	Lunch: 1 plate of
greens	cinnamon		1 small plate of	probiotic yogurt	string cheese	pasta with tomato
	_	half avocado	vegetable			sauce, 1 bowl of
1 thin slice of whole	1 cup nonfat		meal/legumes	Lunch (12:00-	1 teaspoon	probiotic yogurt
wheat/rye bread	organic milk	Lots of cold cut	(meatless,	13:00):	honey/chocolate	Search: 1 kiwi
L l. (42.00	1	vegetables and	dehydrated)		spread	
Lunch (12:00-	Lunch (12:00-	greens	Alba Laft and an	Half a bowl of soup	1.1	Diama Auliana
13:00):	13:00):	4 +1-:	1 bowl of yoghurt	+ 6 tablespoons of	Lots of cold cut	Dinner: 1 slice of
م النام مناء مسال ما	1 hand size swilled	1 thin slice of whole	Laan mlantu af aalad	vegetable food	vegetables and	steak + 6 spoons of
1 hand size grilled chicken/lean meat	1 hand size grilled chicken/lean meat	wheat/rye bread	Lean plenty of salad	(without meat,	greens	boiled or grilled
or 4-5 grilled	or 4-5 grilled	Lunch (12:00-	(lots of vinegar and lemon)	without water)	2 thin slices of rye	vegetables + seasonal greens
meatballs	meatballs	13:00):	lemon	1 bowl of tzatziki +	bread	and salad
ineachans	ineachans	13.00).	Snack (15:30-	plenty of salad	bieau	and Salad
1 bowl of tzatziki or	1 bowl of tzatziki or	4 tablespoons of	16:00): 3 whole	picity of salaa	Snack (14:00-	Break: 1 cup of
1 glass of ayran +	1 glass of ayran +	wholemeal	walnuts+1 cup of	Snack (15:30-	15:00):	milk+1 banana
plenty of oil-free	plenty of oil-free	pasta+homemade	fennel tea	16:00): 1 tea glass		
salad (lots of	salad (lots of	tomato sauce		of yellow	1 month slice of	
vinegar and lemon)	vinegar and lemon)		Dinner (19:00-	chickpeas+1 cup of	watermelon + 2	
,	,	1 bowl of yoghurt	20:00): 1 portion of	unsweetened	finger thick feta	
	Snack (15:30-	Snack (15:30-	grilled/baked fish +	coffee	cheese	

Snack (15:30-	16:00): half a pack	16:00): 3-4 diet	plenty of salad		
16:00): 2 whole	of puffed rice+1 cup	biscuits+1 cup of		Evening (19:00-	Snack (14:00-15:00)
walnuts + 1 cup of	of green tea/coffee	green tea/coffee	Snack (21:30-	20:00):	(alternative): 1 box
unsweetened			22:00): 3 squares of		of probiotic yogurt
coffee	Evening (19:00-	Evening (19:00-	dark chocolate+1	Unlimited Grilled	with muesli
	20:00):	20:00):	cup of green tea	zucchini and	
Evening (19:00-				eggplant slices	Evening (19:00-
20:00):	1 hand size grilled	Unlimited edema			20:00):
	chicken/lean meat	soup*		1 bowl of yoghurt	
1 hand-sized grilled	or 4-5 grilled			with chili	150 g grilled meat
turkey or chicken	meatballs	Snack (21:30-		pepper+dill+mint	or 200 g fish +
		22:00): 1 cup of		added	plenty of salad (lots
1 bowl of tzatziki	1 bowl of tzatziki or	lemon balm tea			of vinegar and
with dill + plenty of	1 glass of ayran +			Snack (21:30-	lemon)
oil-free salad (lots	plenty of oil-free			22:00): 1 nectarine	
of vinegar and	salad (lots of				Snack (21:30-
lemon)	vinegar and lemon)				22:00): 2 whole
					walnuts+1 cup of
Snack (21:30-	Snack (21:30-				chamomile tea
22:00): 1 bowl of	22:00): 2 slices of				
light yogurt+1	cinnamon				
tablespoon of	pineapple				
ground flaxseed					

Emin Cevik

Age:27 weight:92

1 Week	2.Week	3 Week	4.week	5. Week	6. Week	7.Week	8. Week	9.Week	10.week	11.week	12.week
(Monday-	(Monday-	(Monday-	(Monday-	(Monday-	(Monday-	(Monday-	(Monday-	(Monday-	(Monday-	every day	every day
Wednesday-	Wednesday-	Wednesday	Wednesda	Wednesda	Wednesda	Wednesday-	Wednesday-	Wednesday	Wednesda	of the week	of the week
Friday)	Friday)	- Friday)	y- Friday)	y- Friday)	y- Friday)	Friday)	Friday)	- Friday)	y- Friday)		
					Treadmill						
Anatomical	<u>Anatomical</u>	Anatomical	<u>Anatomic</u>	Treadmill	Training	Treadmill	Treadmill	Treadmill	Treadmill	Jump Rope	Cycyling
Adaption	<u>Adaption</u>	Adaption	al Adoution	Training	(Training	Training	Training	Training	training	Training
	Jump Rope	Treadmill	<u>Adaption</u>	(15minutes	(15minutes)	(15minutes)	((20	(30	(20
Treadmill	training	Training	Jump Rope	15minutes)	3-5 minutes	3-5 minutes	15minutes)	minutes)	minutes) 3-5 minutes	minutes)
Training	(30	(training)	3-5	rest	rest	3-5 minutes	3-5	rest	
(20 minutes)	minutes)	15minutes)	(30	3-5	minutes			rest	minutes	1030	push-up
3-5 minutes	3-5 minutes	3-5	minutes)	minutes	rest	Cycyling	Cycyling		rest	Cycyling	(10 reps
rest	rest	minutes	3-5	rest		Training	Training	Cycyling		Training	2 set)
Cuardina		rest	minutes		Cycyling	(15 minutes)	(15	Training	Cycyling	(20	
Cycyling	plank pose (2 minutes	Cuculing	rest	Cycyling	Training	3 minutes	minutes)	(15	Training	minutes)	2 Minutes
Training	3 set)	Cycyling Training	plank pose	Training	(15	rest	3 minutes	minutes)	(20	•	rest each
(20 minutes)	3 301,	(15	(2 minutes	(15	minutes)		rest	3 minutes	minutes)	2Minutes	set)
Cooling Down	push-up	minutes)	3 set)	minutes)	3 minutes	Squat (10		rest	2 Minutes	rest each	Plank
Cooling Down	(10 reps	3 minutes	,	3 minutes	rest	minutes)	Lunge	High Kasas	rest each	set)	mountain
	2 set)	rest	do	rest	Abdomina	3 minutes	Training	High Knees (10	set) Crabwalk	One leg	climber
		1030	crunches	lumning	I Crunch	rest	(10 minutes)	Minutes)	(3 sets - 12	push up	(3 sets – 10-12-15
	Cooling	Lunge	(20 reps	Jumping jacks	(10	Pectoral	Chest Press	williutes)	•		
	Down	Training	2 set)	(10	minutes)	machine	(3 sets - 12	Pectoral	reps	Donkey	reps
		(15	Cooling	minutes)	3 minutes	(3 sets - 12	reps. 1	machine	Moving	kick	2 Minutes
		minutes)	Down	2 minutes	rest	reps. 1	minutes rest	(3 sets - 12	plank	(3 sets –	rest each
		,	DOWII	rest	1000	minute rest	for each set)	reps. 1	(2 minutes	10-12-15	set)
		Cooling			Chest	for each set)		minutes	3 reps)	reps	Forward
		Down		Bird dog	Press		Lat Pulldown	rest for	2Minutes		lunge
				(10	(3 sets -	Lat Pulldown	(3 sets - 12	each set)	rest each	2 Minutes	(3 sets –
				minutes)	12 reps. 1	(3 sets - 12	reps. 1		set)	rest each	15-17-20
				-	minute	reps. 1	minutes rest	Vertical	Vertical	set)	reps
					rest for	minute rest	for each set)	Traction	crunch		-

	Cooling	each set) Vertical Traction (3 sets - 12 reps. 1 minute rest for each set) Leg Extansion (3 sets - 12 reps. 1 minute rest for each set) Cooling Down	for each set) Leg Press (3 sets - 12 reps. 1 minute rest for each set) Cooling Down	Pulley 3 sets - 12 reps. 1 minute rest for each set) Cooling Down	(3 sets - 12 reps. 1 minute rest for each set) Leg Curl 3 sets - 12 reps. 1 minute rest for each set) Cooling Down	(3 sets - 10 reps Cooling Down	Bulgarian squat (3 sets – 15- 17-20 reps Cooling Down	Jackknife (3 sets – 10-12-15 reps 2 Minutes rest each set) Wall sits (3 sets- 45 seconds) Cooling Down
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Name Murat

Surname Yıldız

Age 27

Height 176 cm

Weigt 89 kg

NAME-SURNAME: MURAT YILDIZ

AGE: 27

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRİDAY	SATURDAY	SUNDAY
<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>
Boiled egg, chopped	2 slices wholemeal	Bran flakes,	Small can of	Boiled egg, honey	Fried Egg with	Boiled egg, chopped
tomatoes and	toast with peanut	semiskimmed	reduced sugar	with butter,	peppers, honey,	tomatoes and
cucumbers,5-6 olives	butter Skinny latte	milk and chopped	baked beans on	cheese, 5-6 green	strawberry jam	cucumbers, jam and
skim cheese	Small glass (150ml)	banana Tea	1 slice of	olives	and Milk	olive
Turkish Tea	orange juice	<u>Lunch</u>	wholemeal	Tea (no sugar)		Tea
<u>Lunch</u>	<u>Lunch</u>	Cheese and	toast		L <u>unch</u>	
Jacket potato with	Chicken and	chutney and salad	latte	L <u>unch</u>	Mushroom	L <u>unch</u>
tuna mayonnaise,	wholewheat pasta	on a wholemeal	<u>Lunch</u>	Chicken soup,	soup,caeser salad	Boiled Potatoes with
sweetcorn and salad 2	salad 4 dried apricots	roll 1 pear	Lentil soup,	boiled potatoes	and Boiled	yoghurt and salad with
oatcakes, cheese and	Evening Meal	Evening Meal	ham salad	Mediterrian salad	chicken	tuna
grapes	Baked salmon, new	Vegetarian bean	sandwich with			Evening Meal
Evening Meal	potatoes, broccoli	chilli with brown	salad cream, on	Evening Meal	Evening Meal	Chickpea with lean
Chickpea and spinach	and kale	rice	wholemeal	Mantı (pasty or	Baked salmon,	meat, Brown rice and
curry (retail cooking	<u>Snacks</u>	<u>Snacks</u>	bread	pierogi)	diet pasta with	Lemanode
sauce) with brown rice	Smoothie: skimmed	Unsalted nuts	2 oranges	With butter	sauce and sour	
<u>Snacks</u>	milk, low fat fruit	(handful) and	Evening Meal	Seasonal salad	cherry juice	<u>Snacks</u>
Guacamole and 1/2	yogurt, frozen	raisins	Rice and lean	Orange		
wholemeal pitta bread	berries 2 chocolate		chickhen	Juice(handmade)	<u>Snacks</u>	100 gr almonds.
4 squares of dark	digestives	1 apple	meatball and		7-10 walnuts	½ Orange juice
chocolate			Ayran	<u>Snacks</u>	7-10 nuts	
			<u>Snacks</u>	1 banana and 10	Dried grapes	
			Plain with	nuts		
			yogurt, berries			
			and pumpkin			
			seeds			