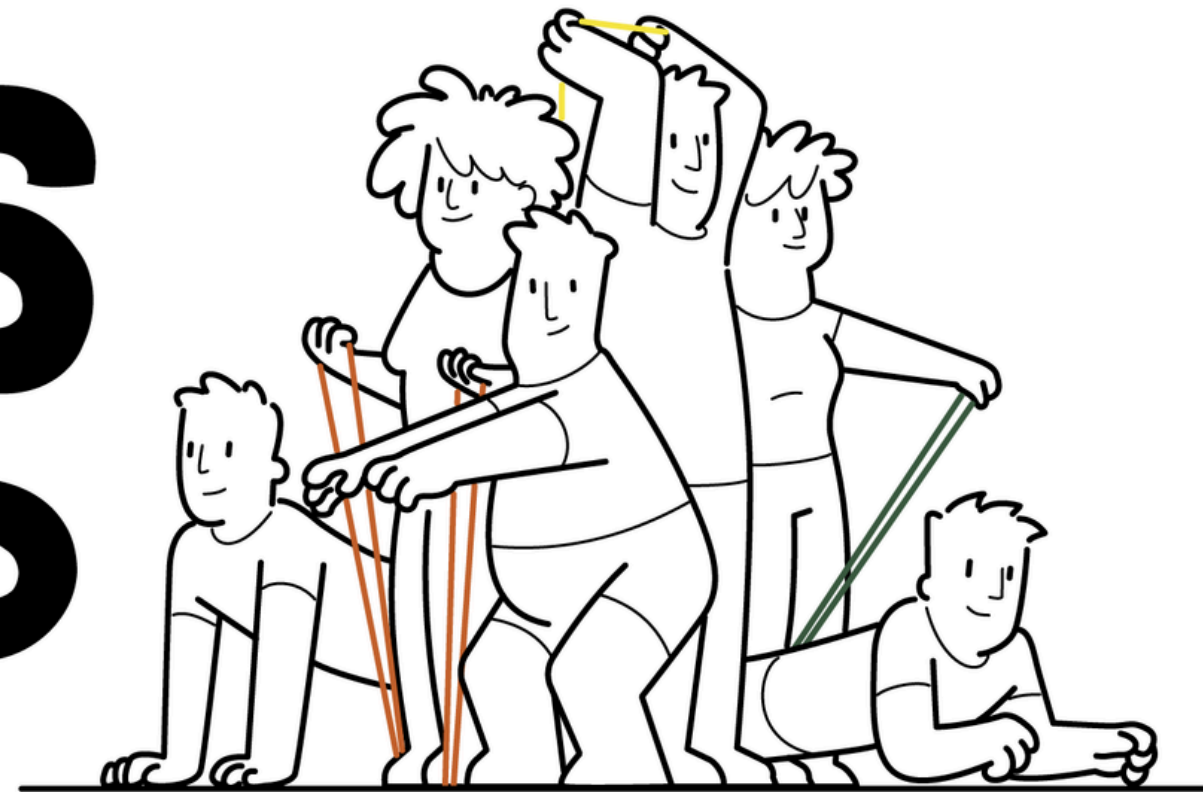


*the* **fit.**camp

# FITNESS ROADMAP

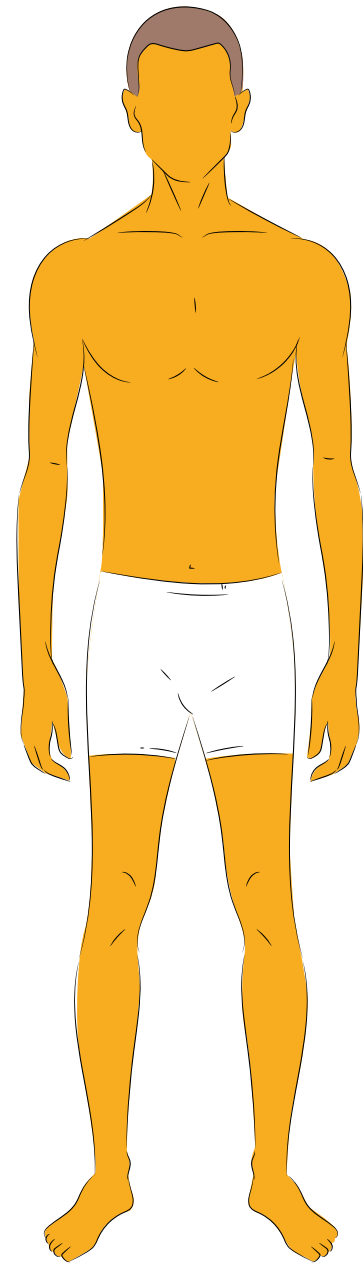


**By:** Ashraf Kamel

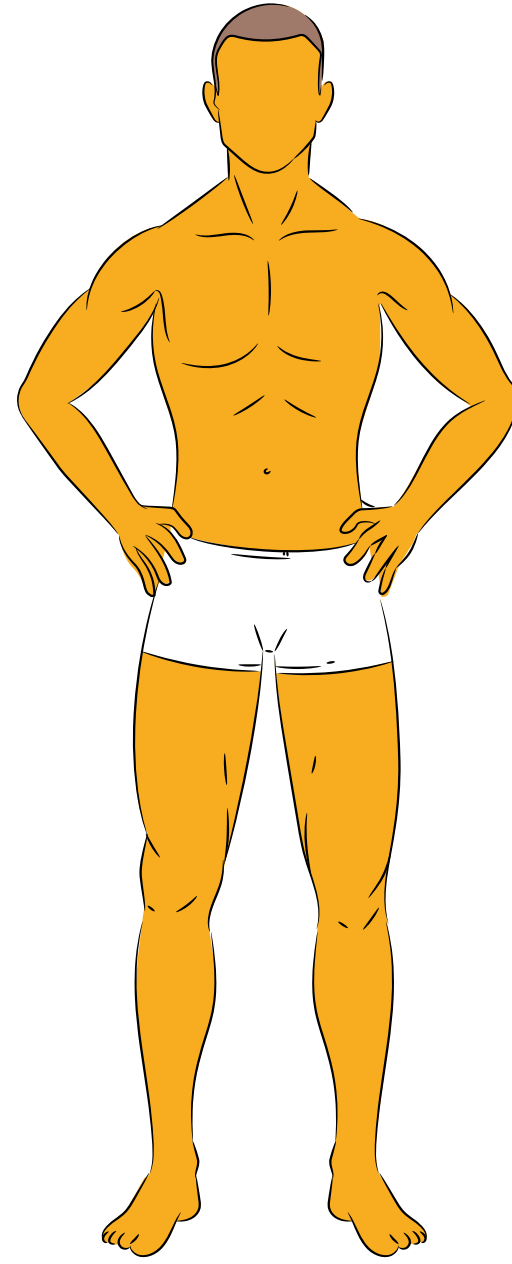
[www.thefit.camp](http://www.thefit.camp)

# Know Your Body

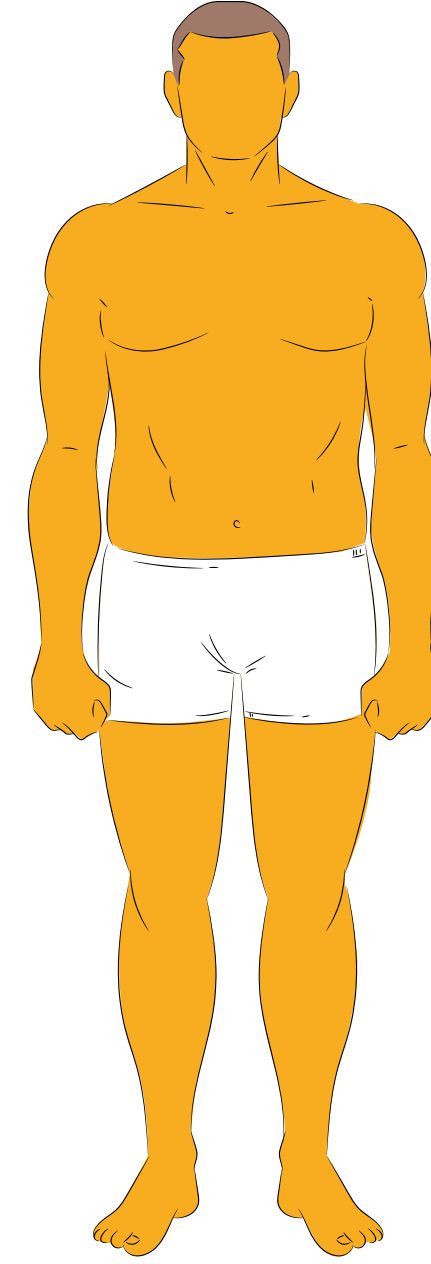
Somatotypes



**Ectomorphic**



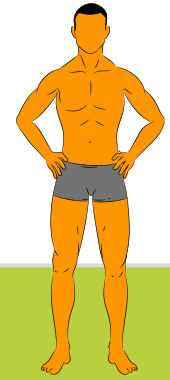
**Mesomorphic**

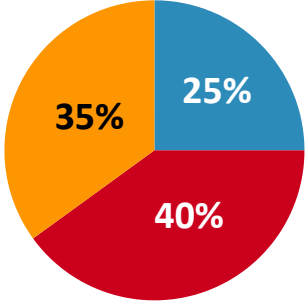
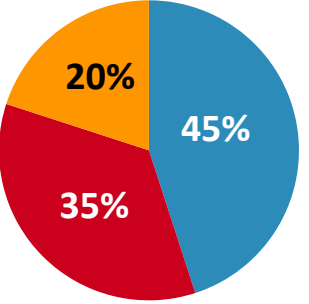
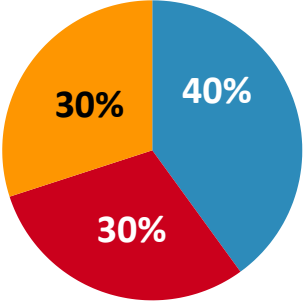


**Endomorphic**

# Know Your Body

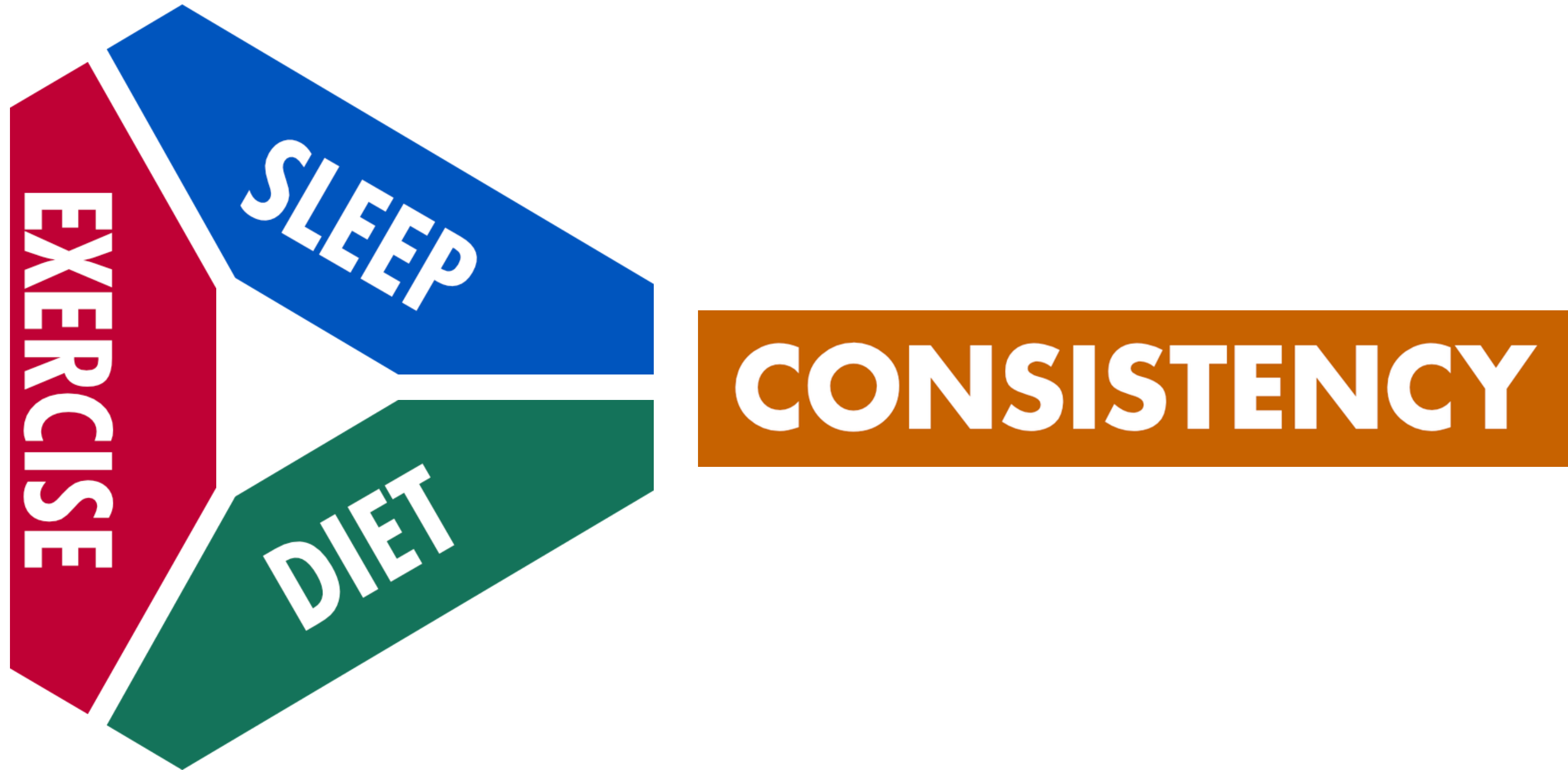
Diet and Exercise according to your body type



Body type	Endomorphic	Ectomorphic	Mesomorphic
<b>Description</b>	<ul style="list-style-type: none"> <li>• Relatively slow metabolism</li> <li>• Can gain weight easily</li> <li>• Can be challenging to lose weight</li> <li>• Fast muscle gainer.</li> </ul>	<ul style="list-style-type: none"> <li>• Relatively fast metabolism.</li> <li>• Usually slim with the relatively long arms.</li> <li>• Has fast metabolism</li> <li>• Can find it hard to weight or muscle.</li> </ul>	<ul style="list-style-type: none"> <li>• The lucky ones.</li> <li>• Easily and quickly gain muscles.</li> <li>• Have broad shoulders and tight waist.</li> </ul>
<b>Exercise</b>	<ul style="list-style-type: none"> <li>• Have a slow recovery rate.</li> <li>• Should shorten rest periods.</li> <li>• Focus on full-body and compound exercises.</li> <li>• Incorporating HIIT cardio.</li> <li>• Being active throughout the day.</li> </ul>	<ul style="list-style-type: none"> <li>• Train with heavy weights and high reps</li> <li>• Do compound and isolation exercises</li> <li>• Take long rests between sets</li> <li>• Limit cardio.</li> <li>• Moderate cardio is acceptable.</li> </ul>	<ul style="list-style-type: none"> <li>• Benefit from compound exercises at high volume.</li> <li>• Can do long workouts.</li> <li>• Quick recovery.</li> </ul>
<b>Diet</b>	<p>25% Carbs 40% Protein 35% Fat</p> 	<p>45% Carbs 35% Protein 20% Fat</p> 	<p>40% Carbs 30% Protein 30% Fat</p> 

# Health Triangle

Chapter 7



# Diet



Old Food Pyramid



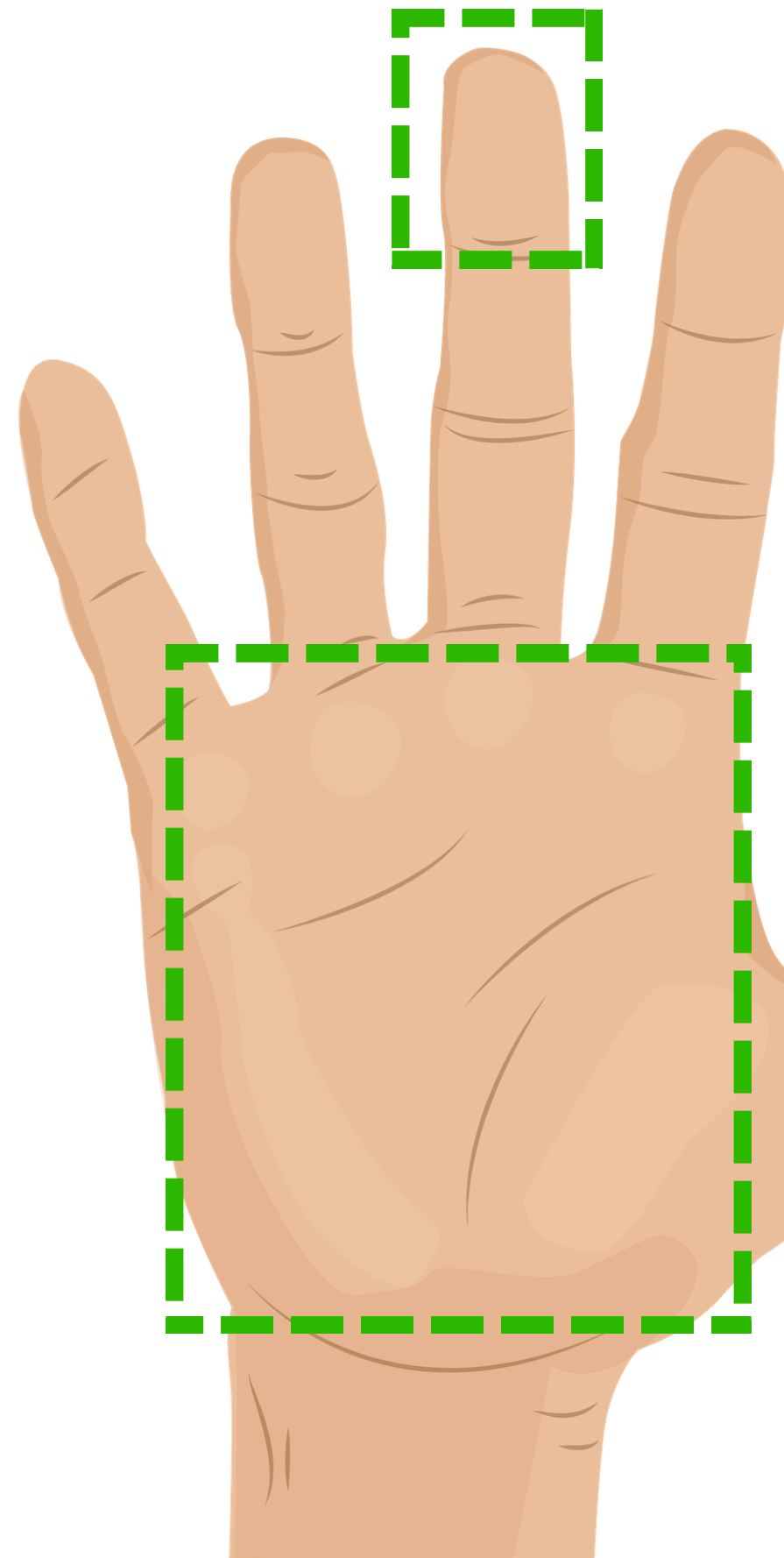
New Food Pyramid  
[realfood.gov](http://realfood.gov)



Eat Well Guide  
[nhs.uk/live-well/eat-well](http://nhs.uk/live-well/eat-well)



# Portion Control



## Fingertip

**Equals 1 teaspoon.**

A fat portion of  
Mayonnaise or butter.

## Palm

**Equals 3 ounces.**

A portion of protein like  
red meat or chicken.

## Thumb

**Equals 2 tablespoons.**

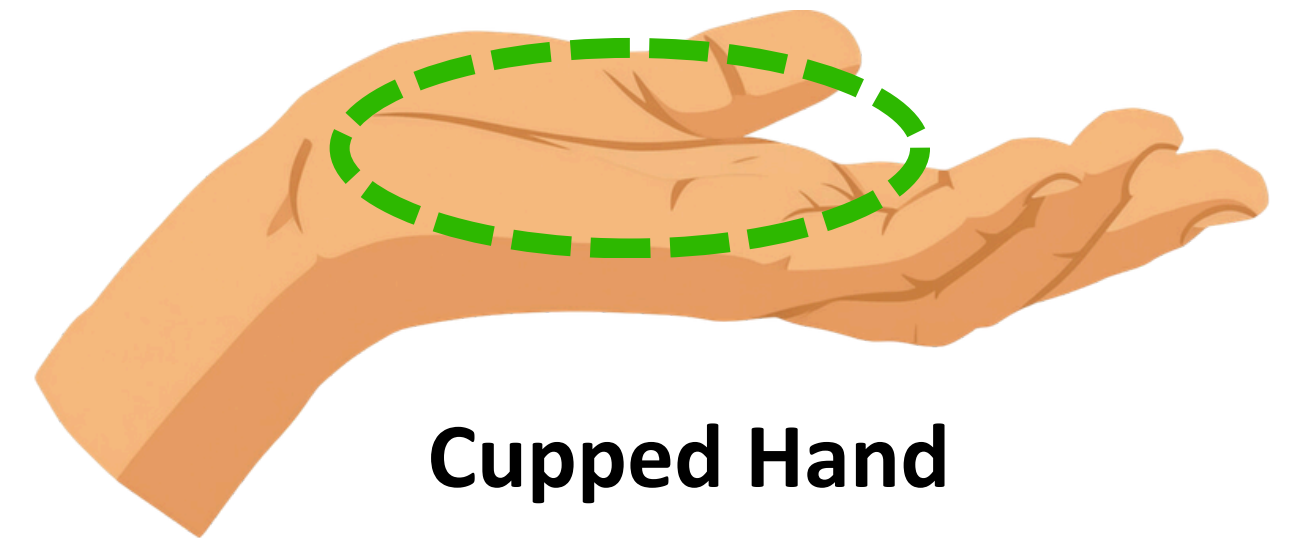
A portion of dairy or  
peanut butter.



## Fist

**Equals 1 cup.**

Rice, fruits, or  
vegetables portion.



## Cupped Hand

**Equals 1/2 cup or 1 ounce.**

A snack portion of nuts or  
dried fruits.

# Range of your Heart rate based on your Age and Training zone

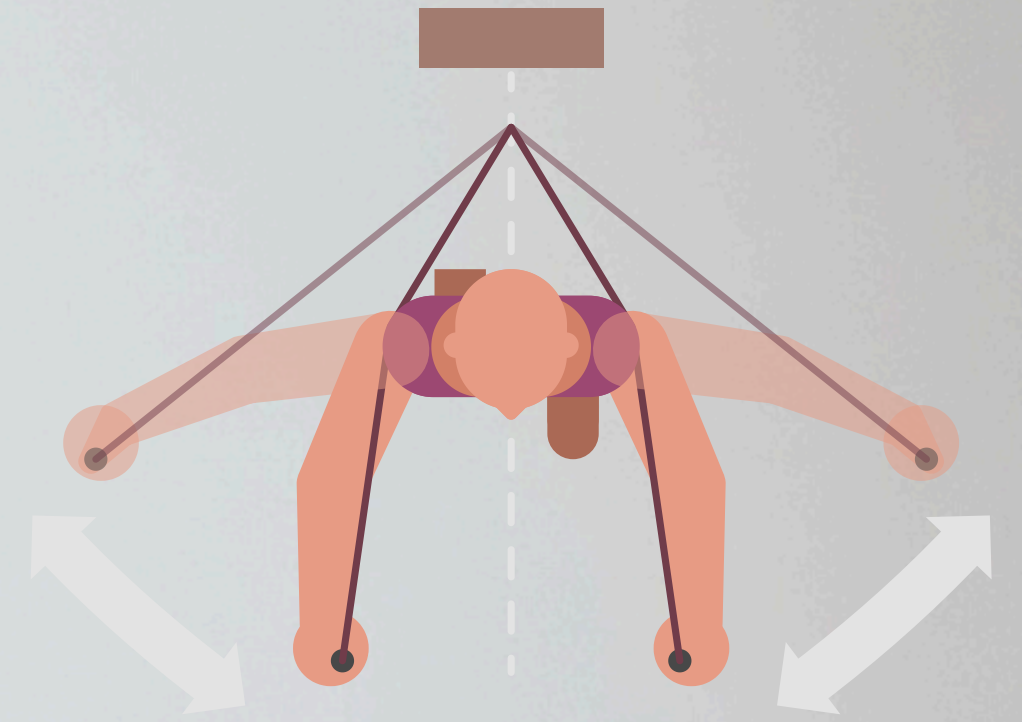
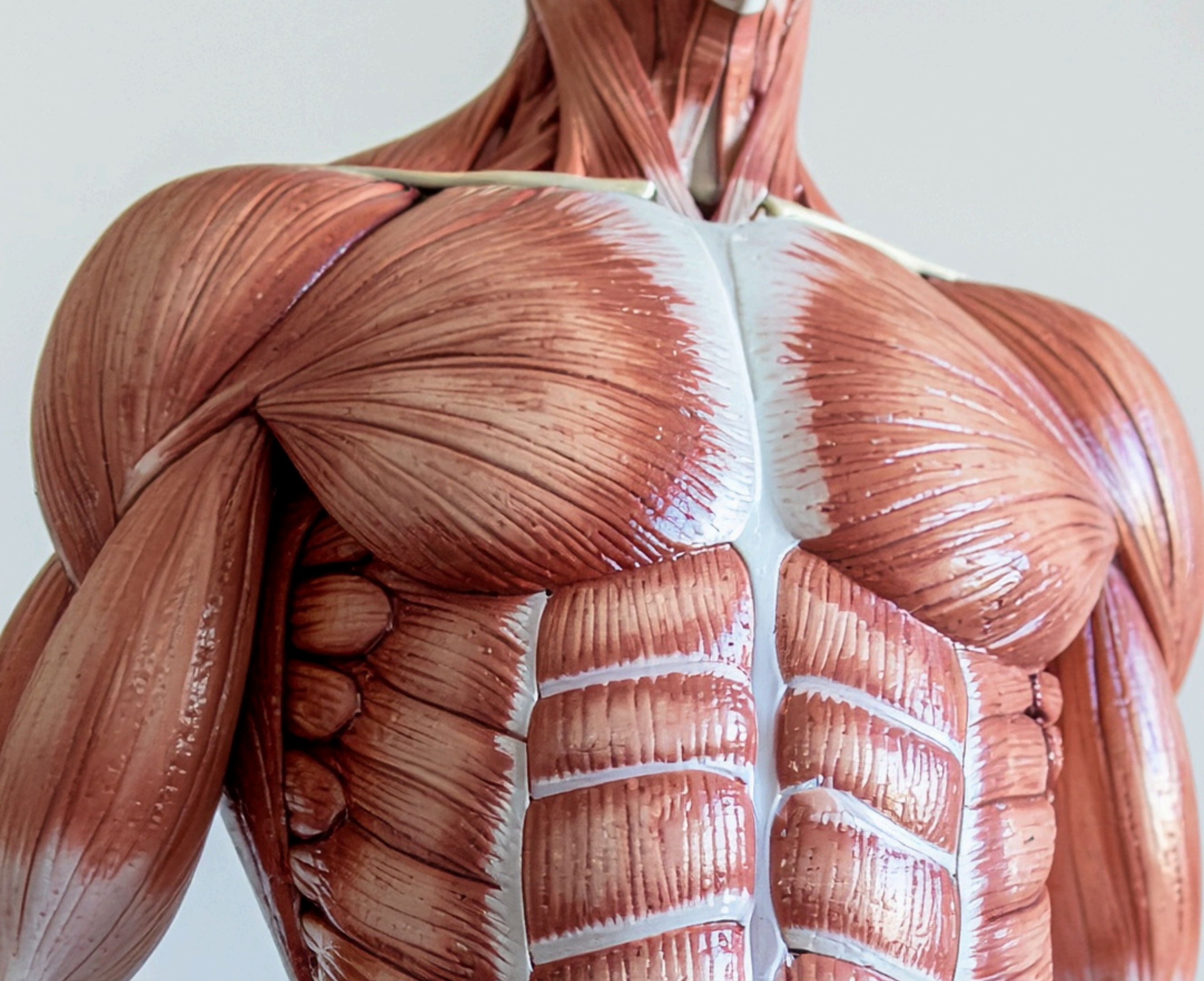
Age	Fat Burnout 50% to 60%	Weight Control 60% to 70%	Aerobic Zone 70% to 80%	Anaerobic Zone 80% to 90%
10	105-126	126-147	147-168	168-189
20	100-120	120-140	140-160	160-180
30	95-114	114-133	133-152	152-171
40	90-108	108-126	126-144	144-162
50	85-102	102-119	119-136	136-153
60	80-96	96-112	112-128	128-144
70	75-90	90-105	105-120	120-135
80	70-84	84-98	98-112	112-126
90	65-78	79-91	91-104	104-117
100	60-72	72-84	84-96	96-108



**How to place your fingers to  
measure your pulse manually**

# KNOW YOUR EXERCISES





## Chest Muscles

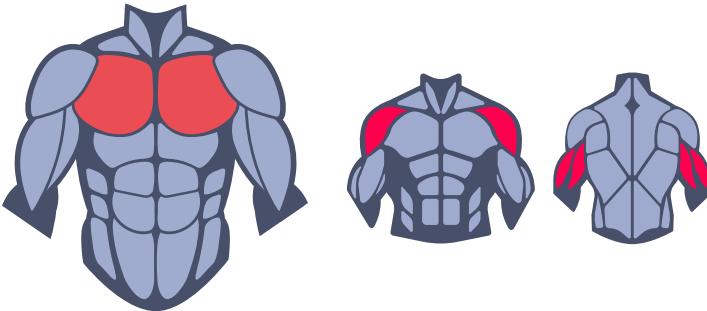


# Pushups

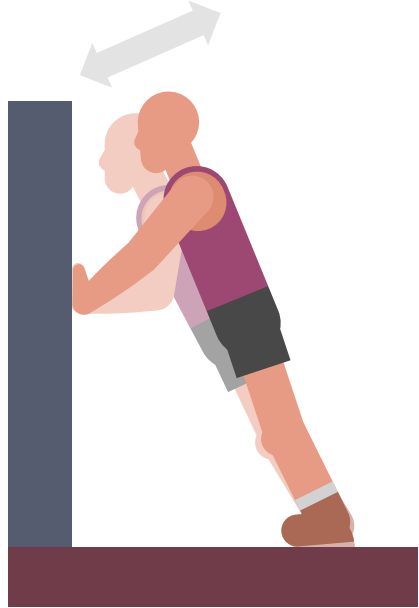
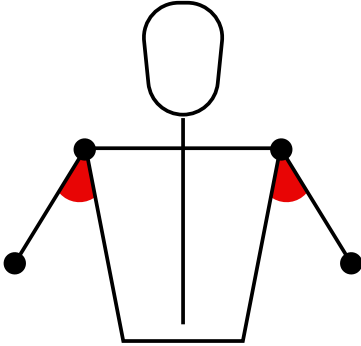
**TARGET MUSCLE:**

**Primary Muscle:** Chest (Pectoral Muscles)

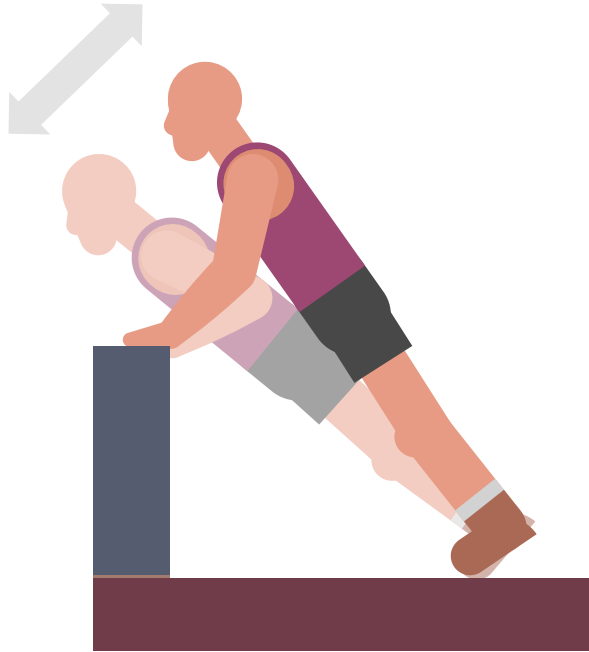
**Secondary Muscle:** Front Delts - Triceps



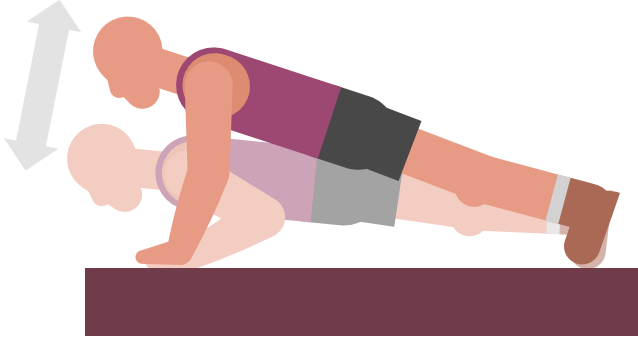
**Elbow Position:**



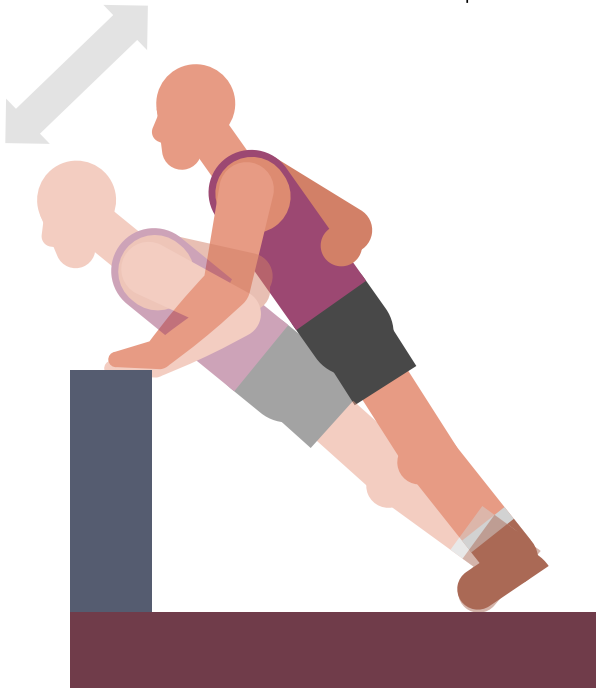
Wall Push-ups  |   
OR  
 | 



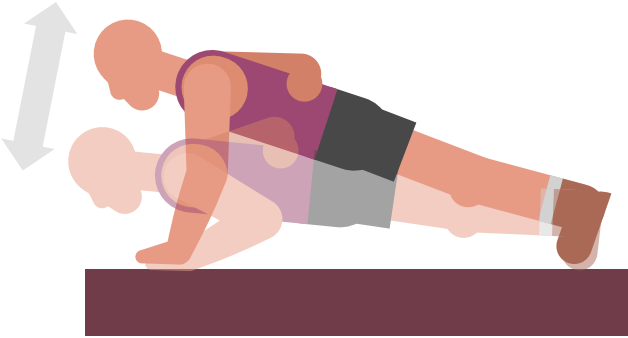
Inclined Push-ups  |   
OR  
 | 



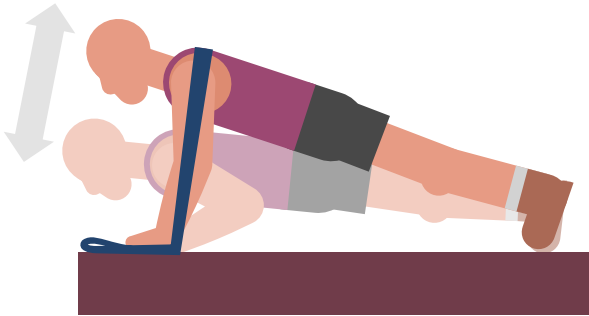
Push-ups  |   
OR  
 | 



One Arm Inclined Push-ups  
 | 



One Arm Push-ups  
 | 



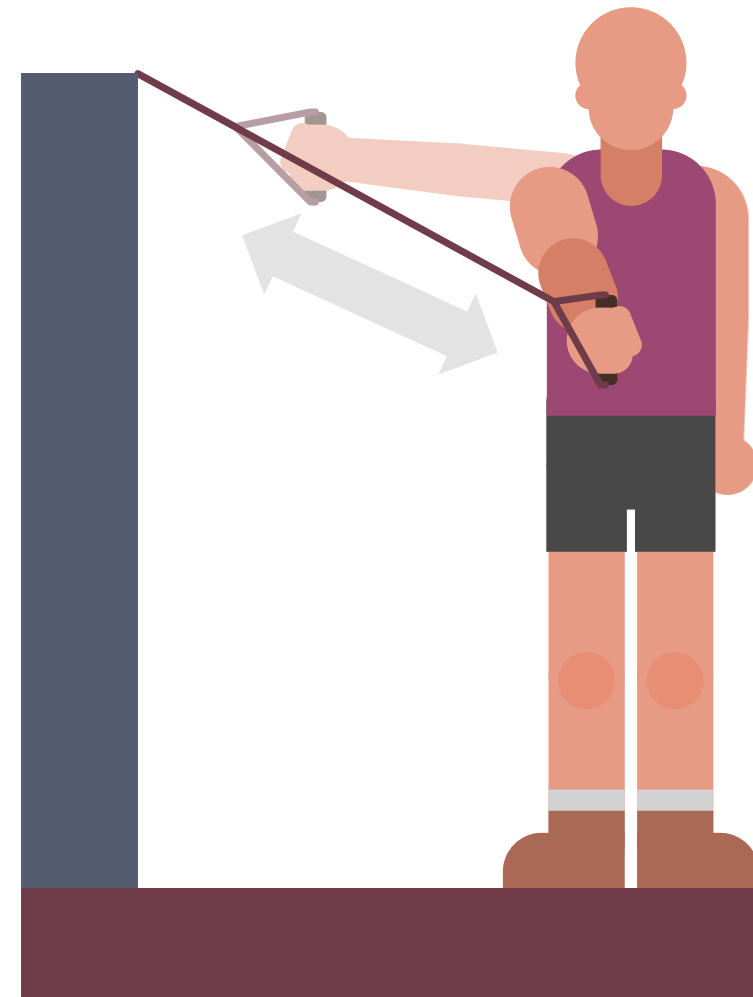
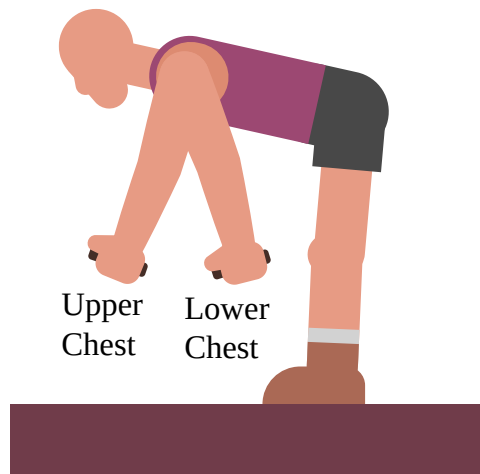
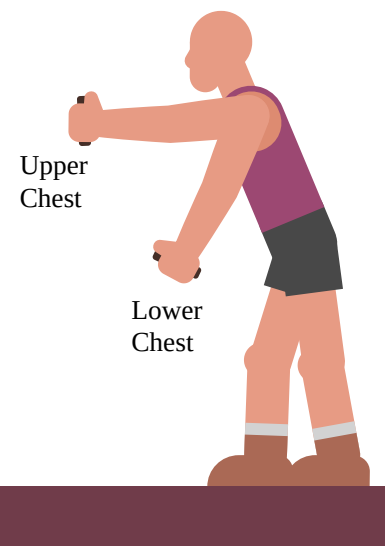
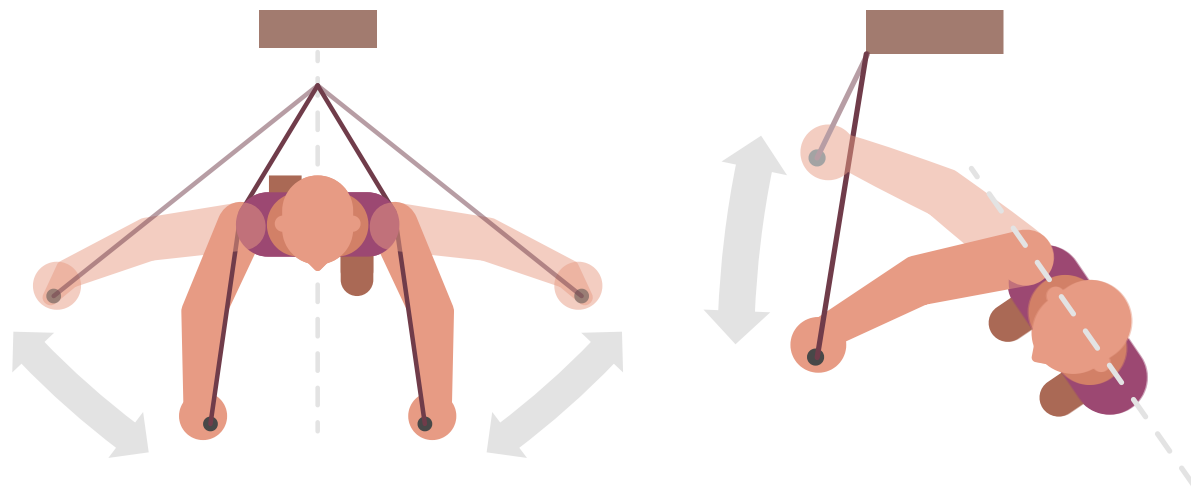
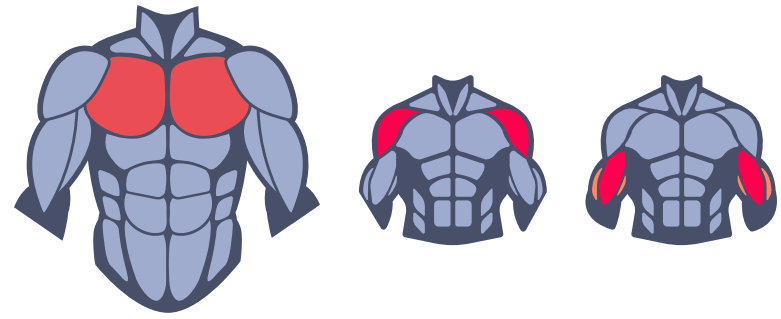
Band Push-ups  |   
OR  
 | 

# Chest Flies

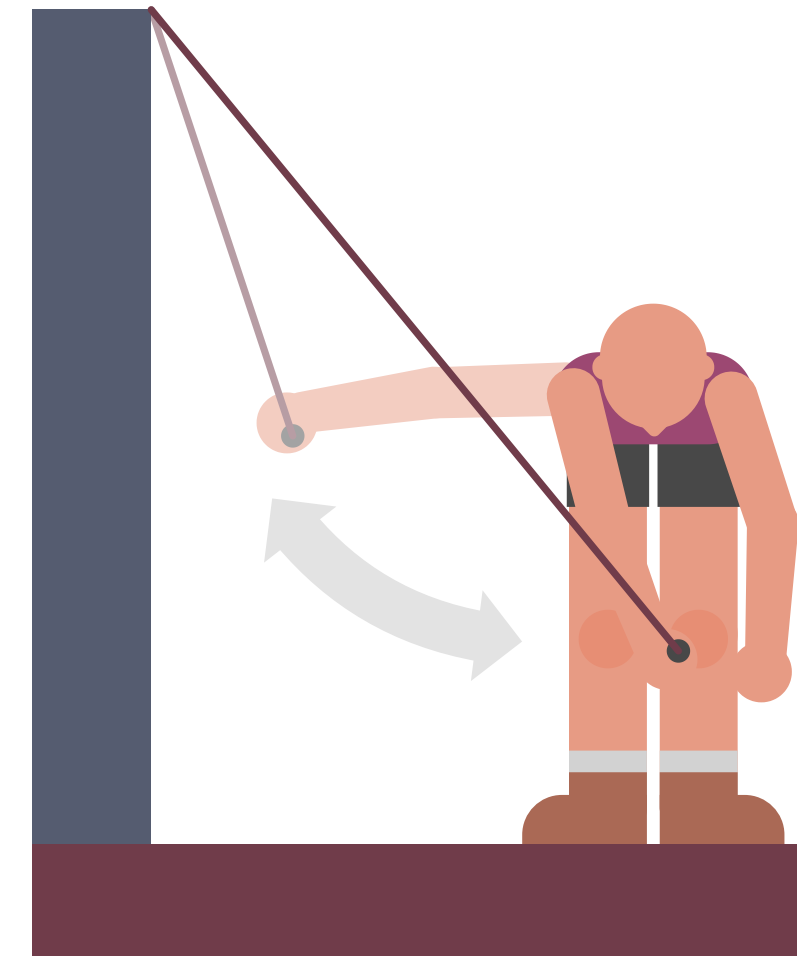
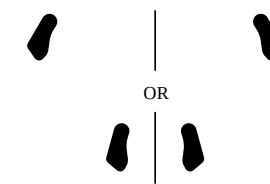
**TARGET MUSCLE:**

**Primary Muscle:** Chest (Pectoral Muscles)

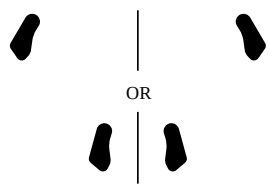
**Secondary Muscle:** Front Delts - Biceps



**Chest Band Flies**



**Bent Over Chest Band Flies**

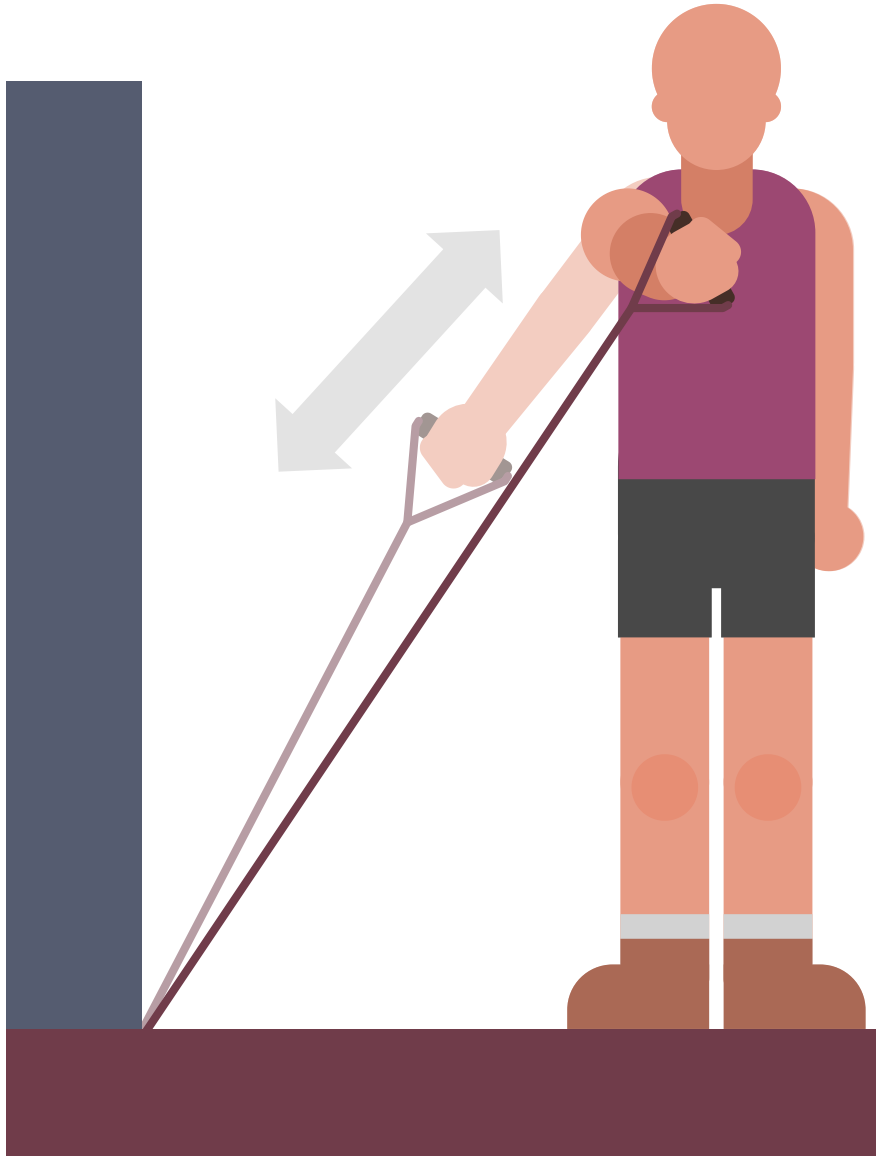
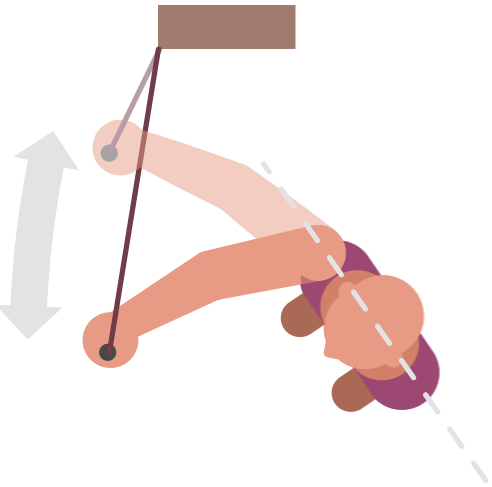
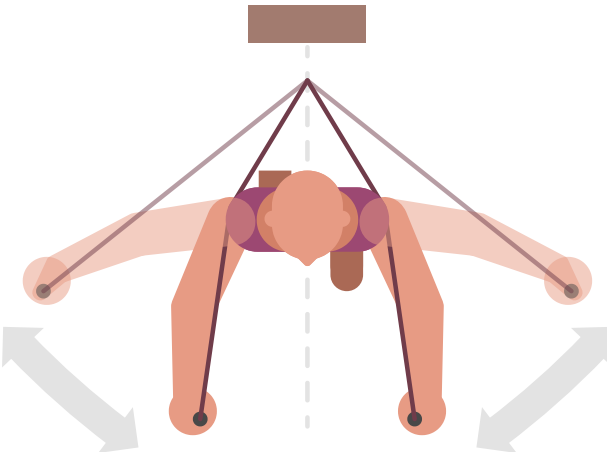
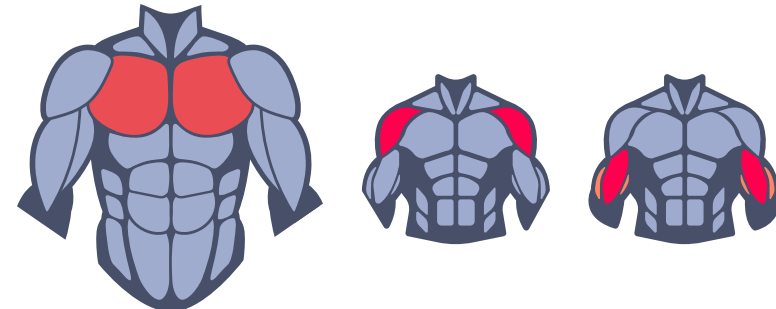


# Upper Chest Flies

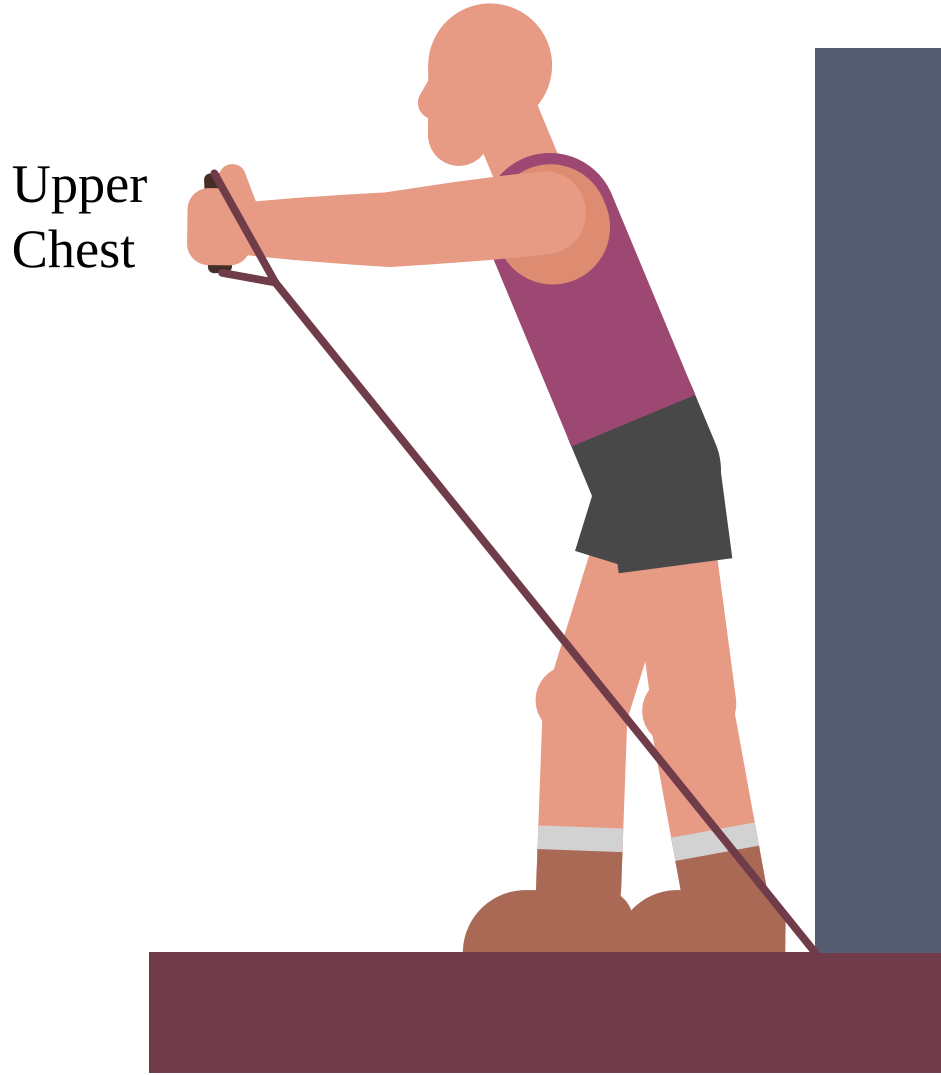
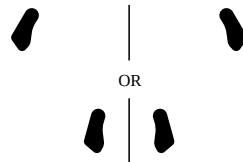
**TARGET MUSCLE:**

**Primary Muscle:** Chest (Pectoral Muscles)

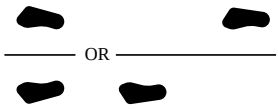
**Secondary Muscle:** Front Delts - Biceps

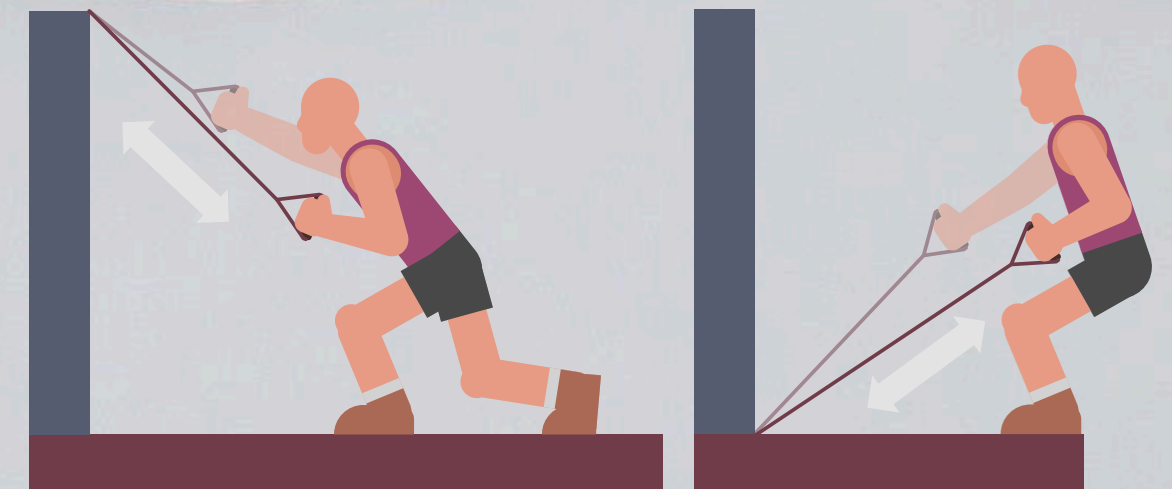
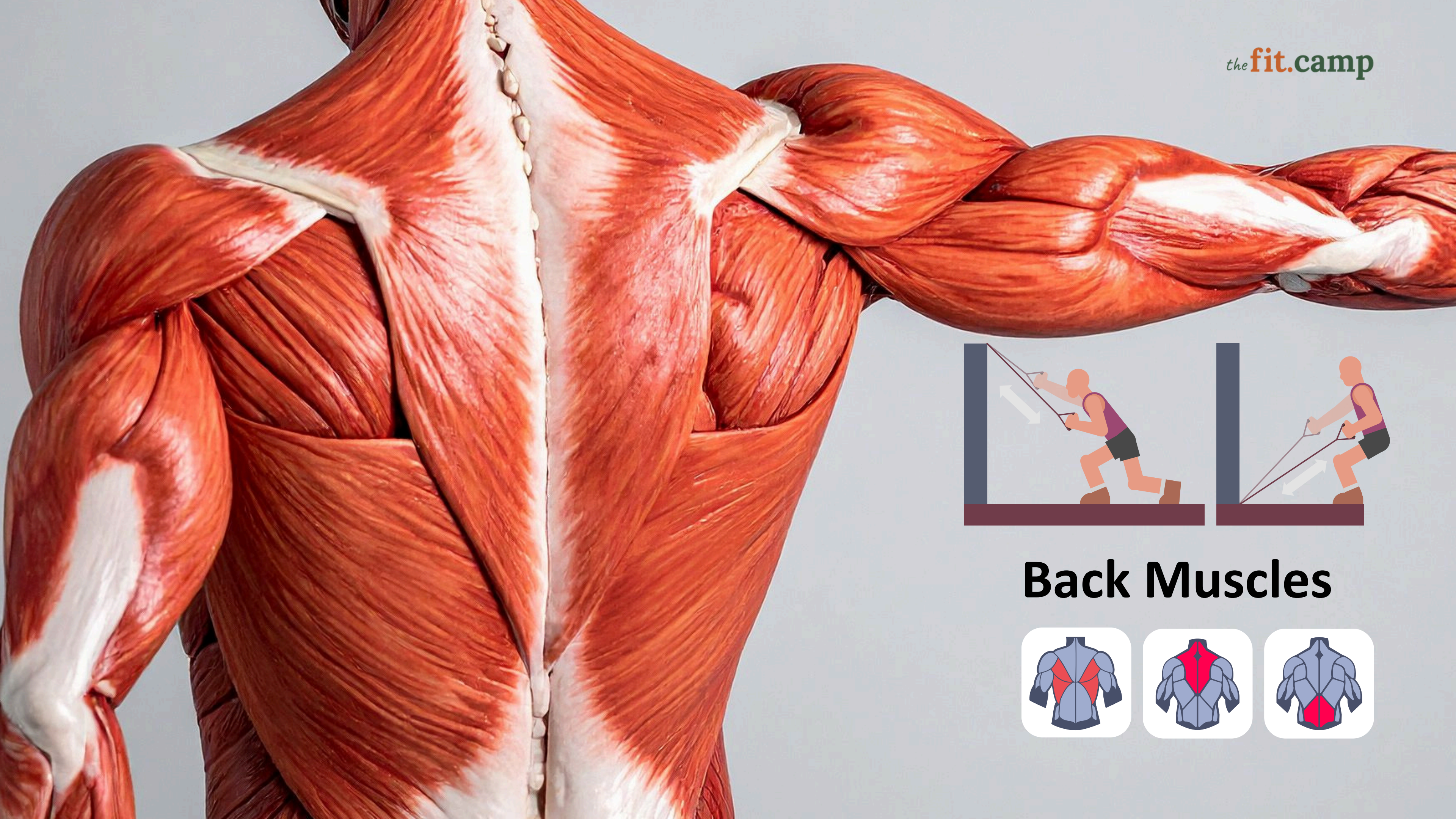


Upper Chest Flies - Front View  
Single Arm

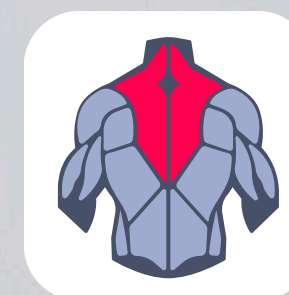
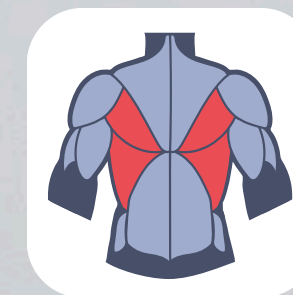


Upper Chest Flies - Side View  
Single or Both Arms





## Back Muscles



# Mid Back Door Pulls

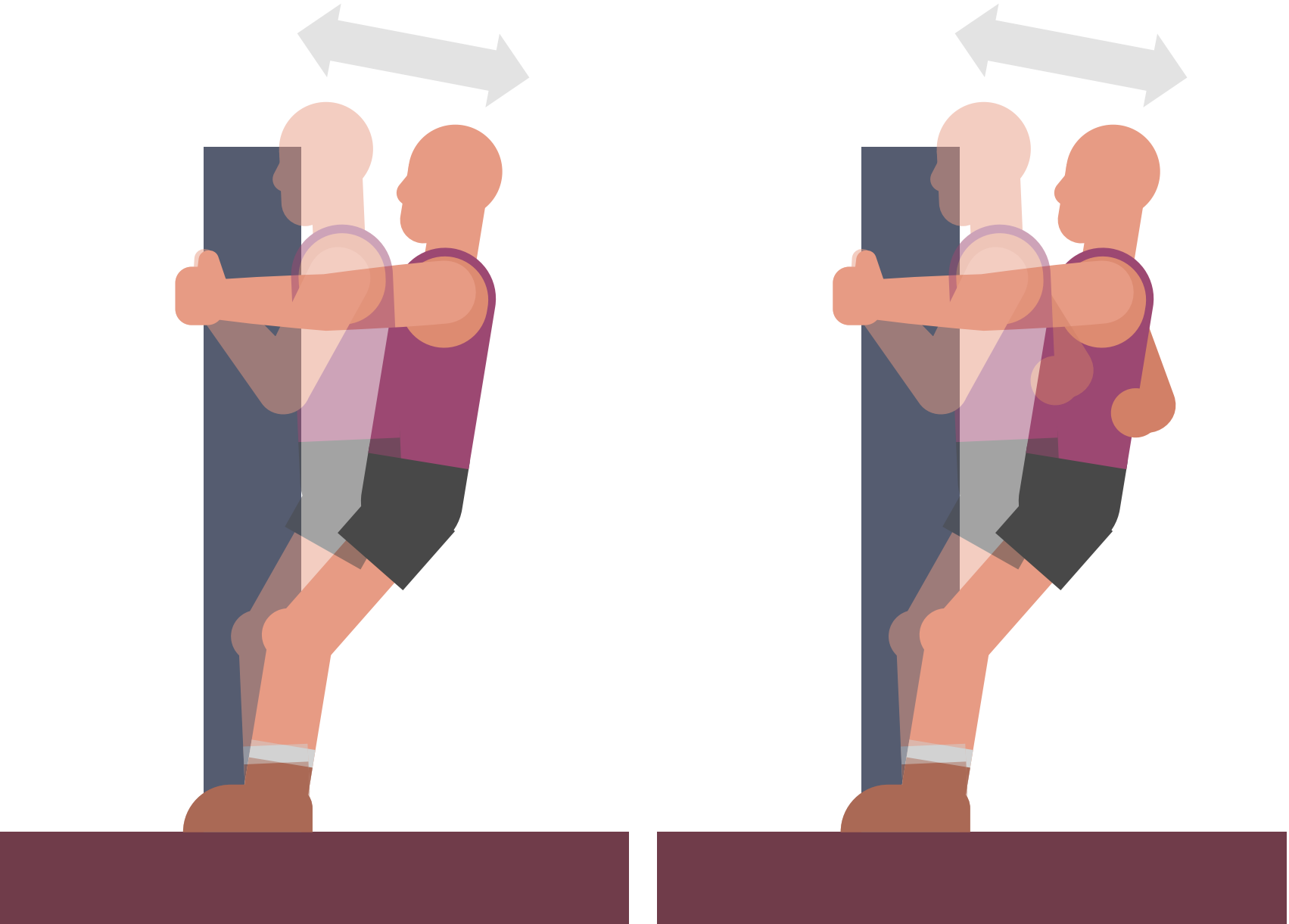
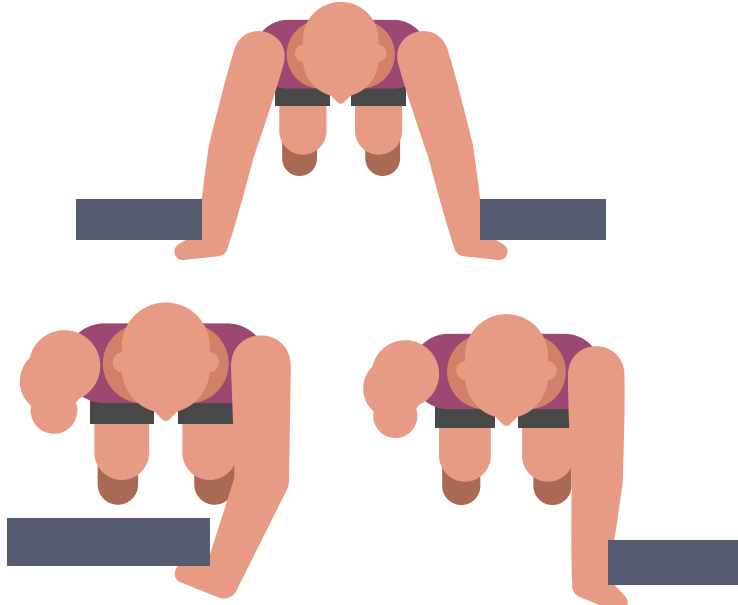
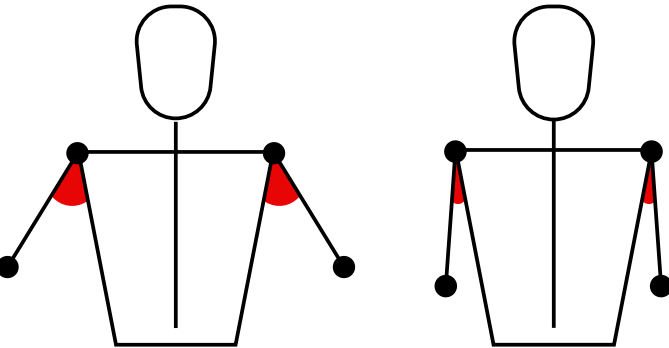
**TARGET MUSCLE:**

**Primary Muscle:** Lats (Latissimus Dorsi)

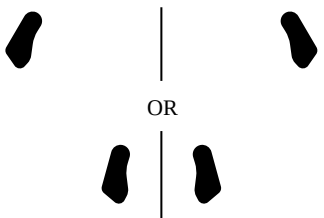
**Secondary Muscle:** Mid Traps - Rhomboids - Biceps



**Elbow Position:**



**Door Pulls**  
Both Arms



**Door Pulls**  
Single Arm



# Mid Back Pulls

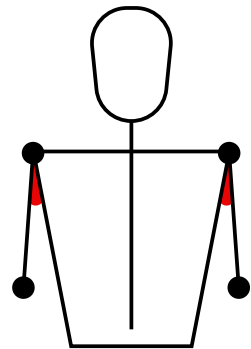
## TARGET MUSCLE:

**Primary Muscle:** Lats - Mid Traps - Rhomboids

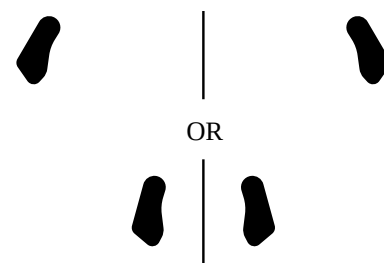
**Secondary Muscle:** Rear Delts - Biceps



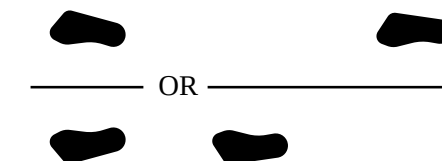
## Elbow Position:



**Mid Back Pulls**  
Both Arms



**Mid Back Pulls**  
Single Arm

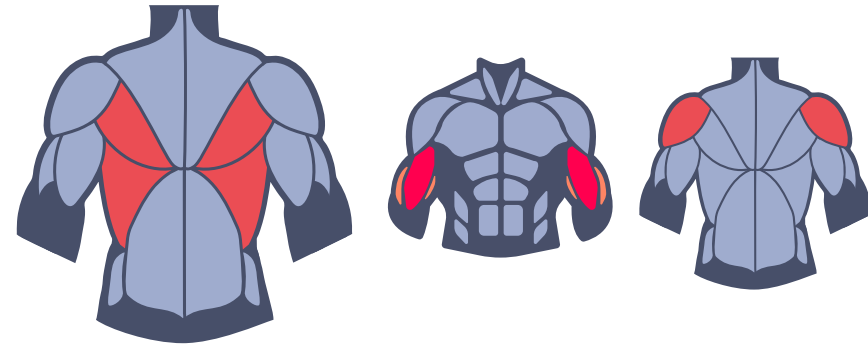


# Lat Pulldowns

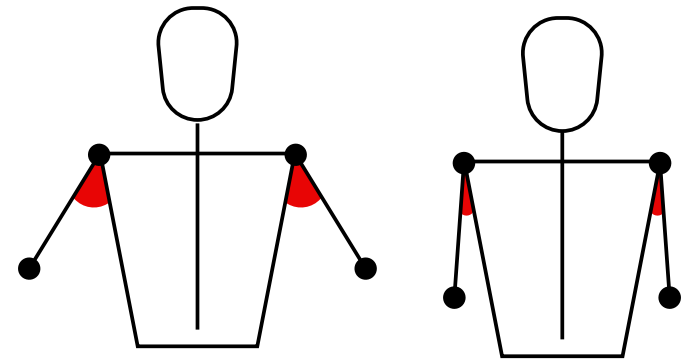
**TARGET MUSCLE:**

**Primary Muscle:** Lats

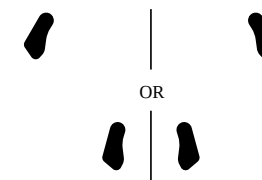
**Secondary Muscle:** Rear Delts - Biceps



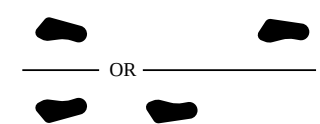
**Elbow Position:**



**Mid Back Pulls**  
Both Arms



**Mid Back Pulls**  
Single Arm

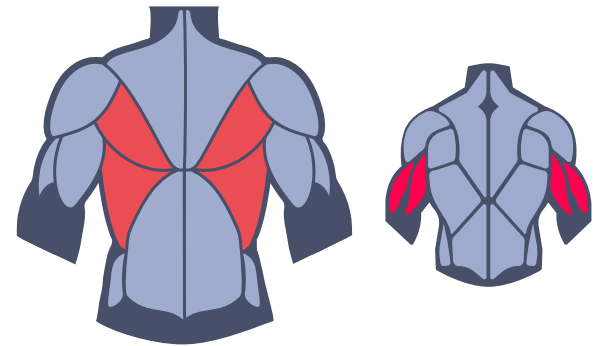


# Overhead Lat Pulldowns

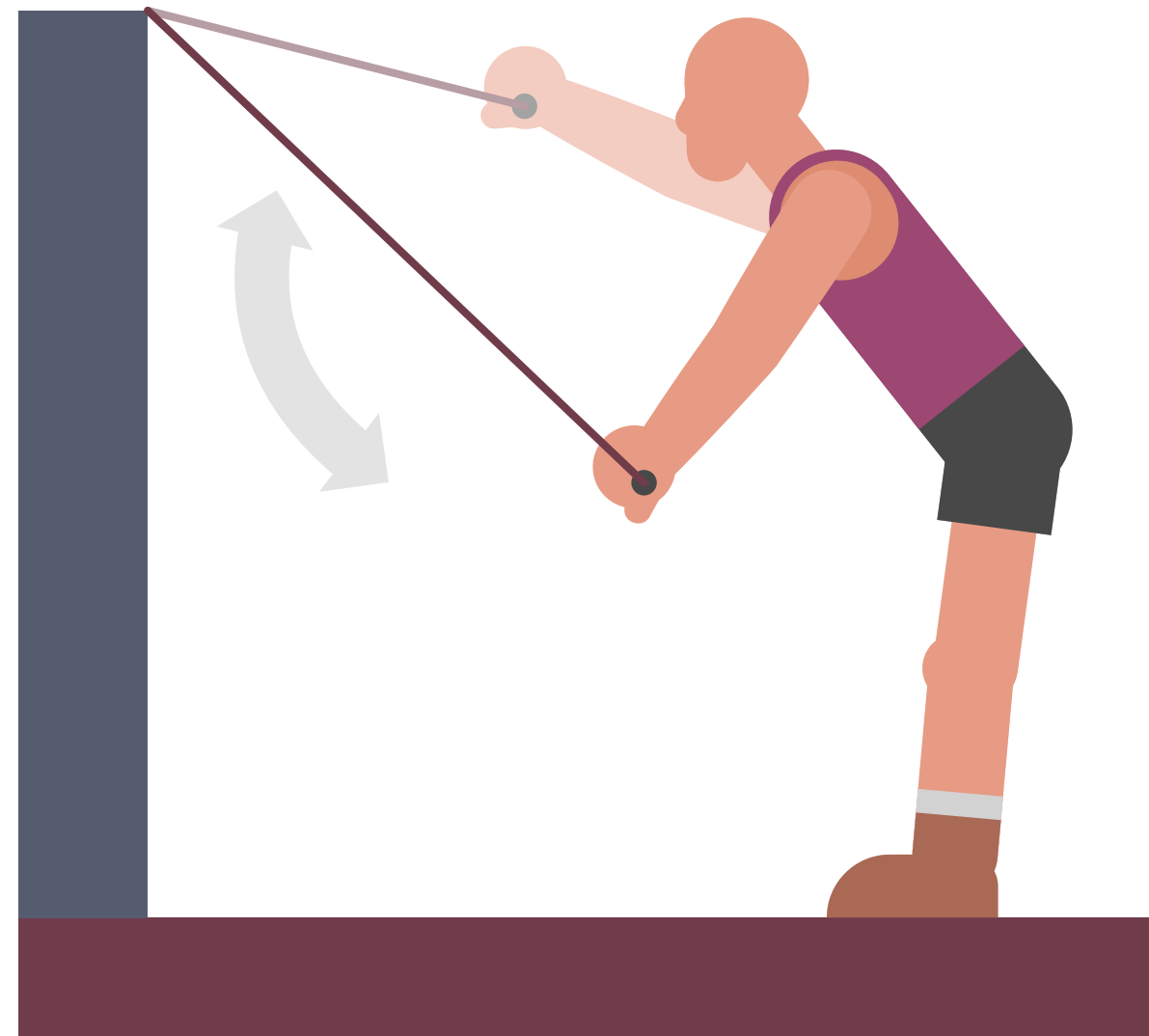
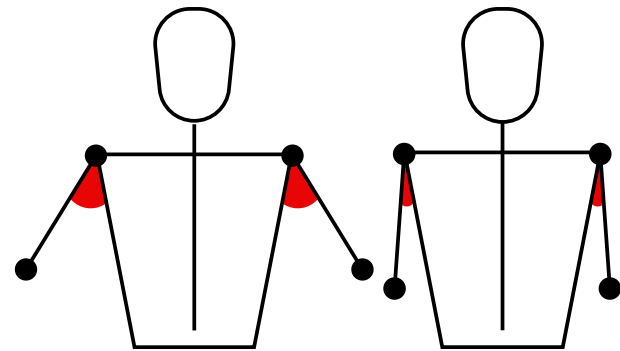
## TARGET MUSCLE:

Primary Muscle: Lats

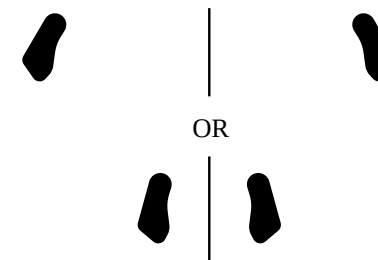
Secondary Muscle: Triceps



## Elbow Position:



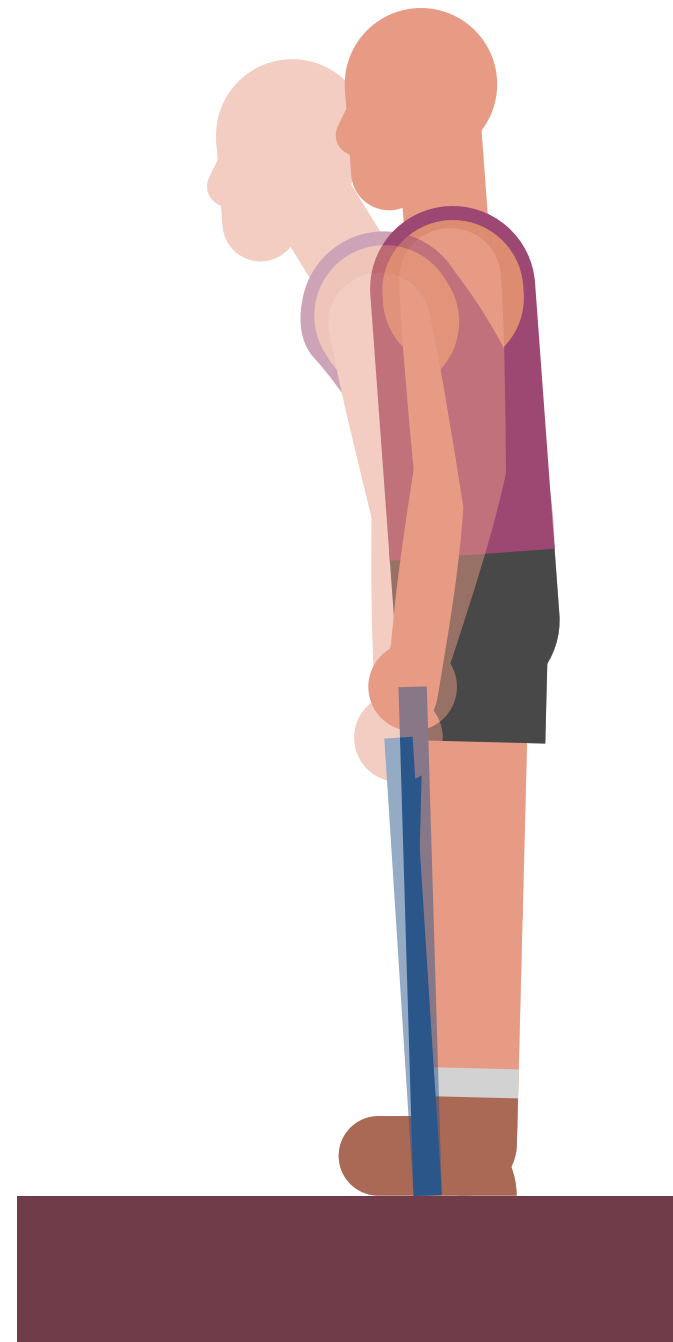
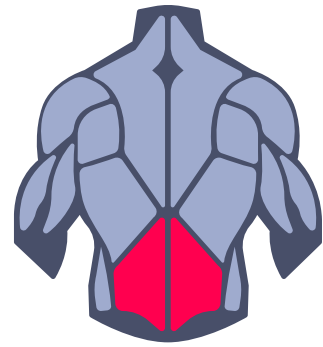
Overhead Lat Pulldowns



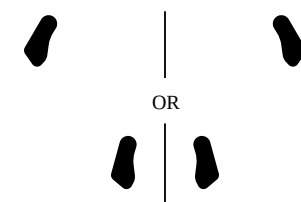
# Lower Back

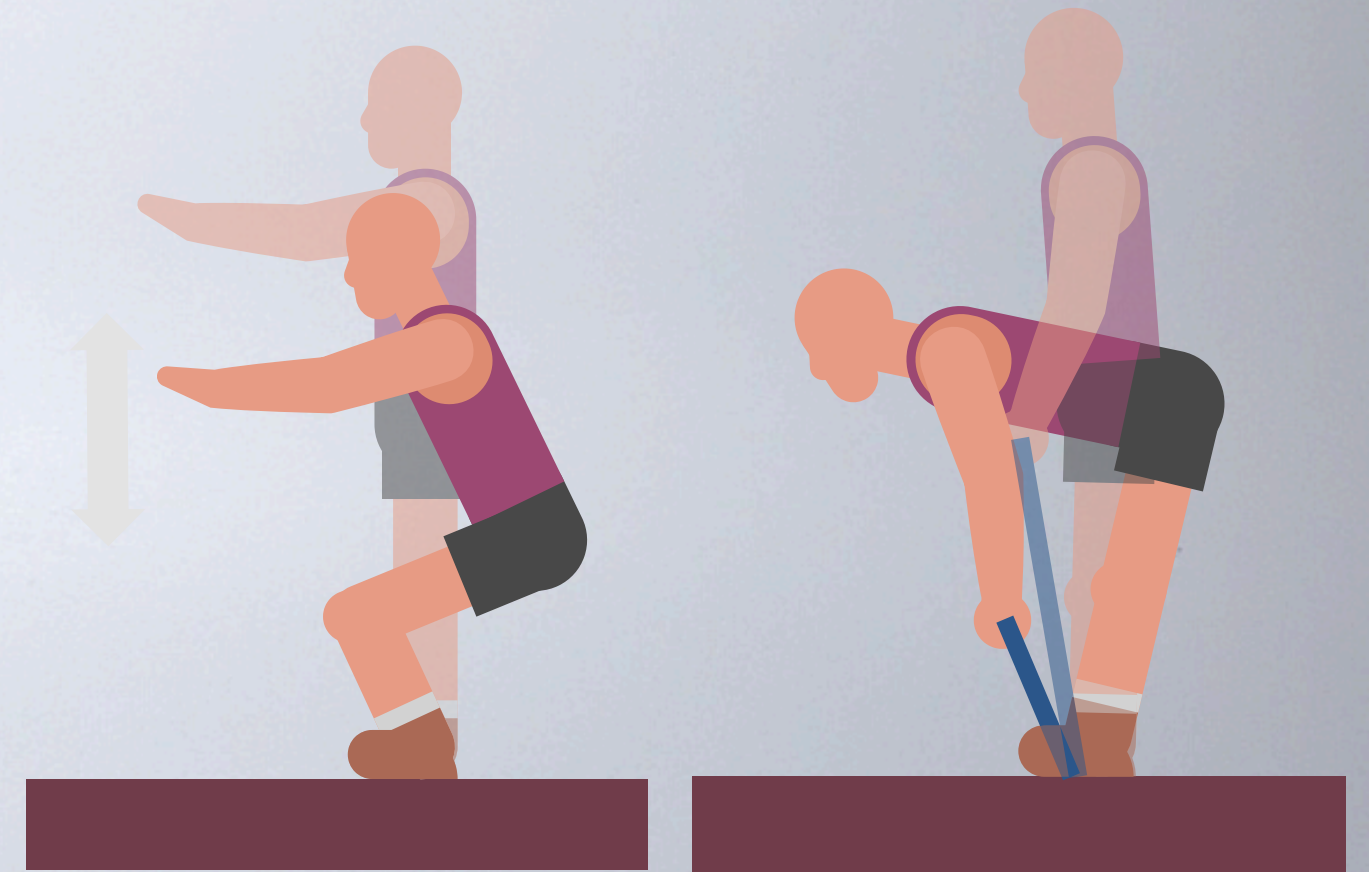
TARGET MUSCLE:

Primary Muscle: Lower Back

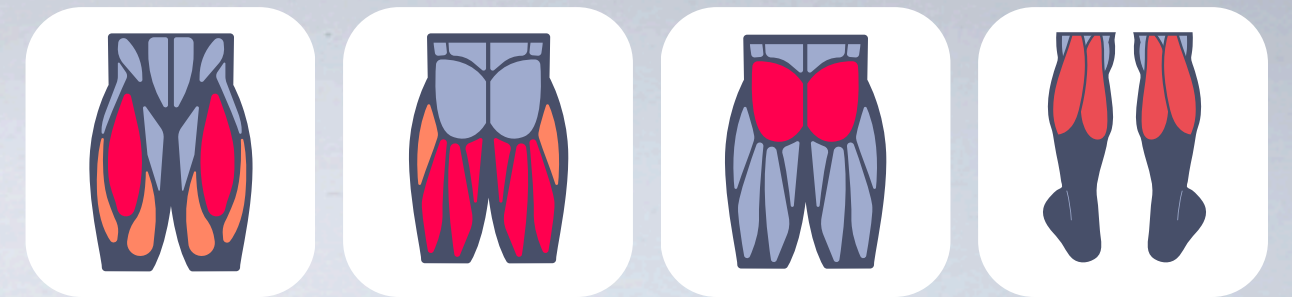


Lower Back





## Leg Muscles

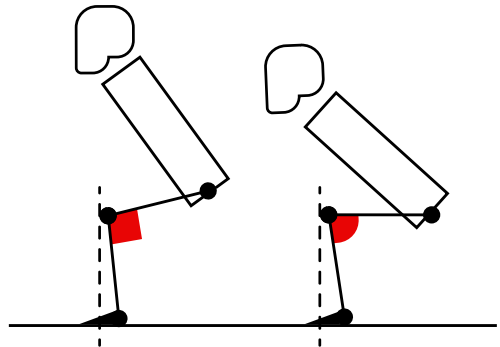
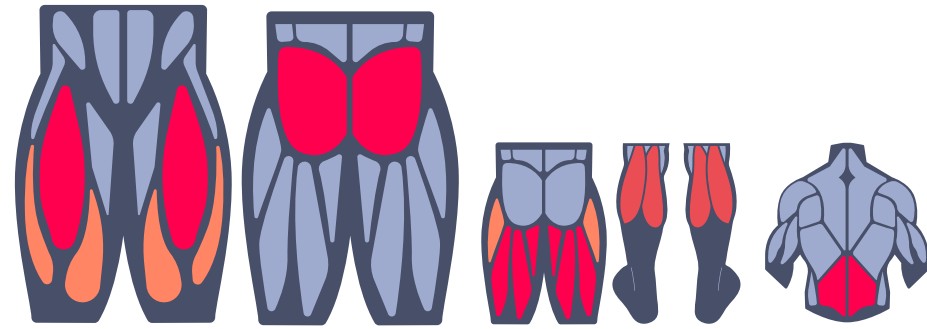


# Free Squats

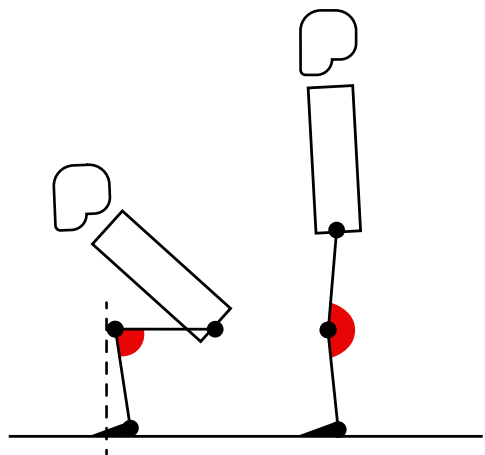
## TARGET MUSCLE:

**Primary Muscle:** Quads - Glutes

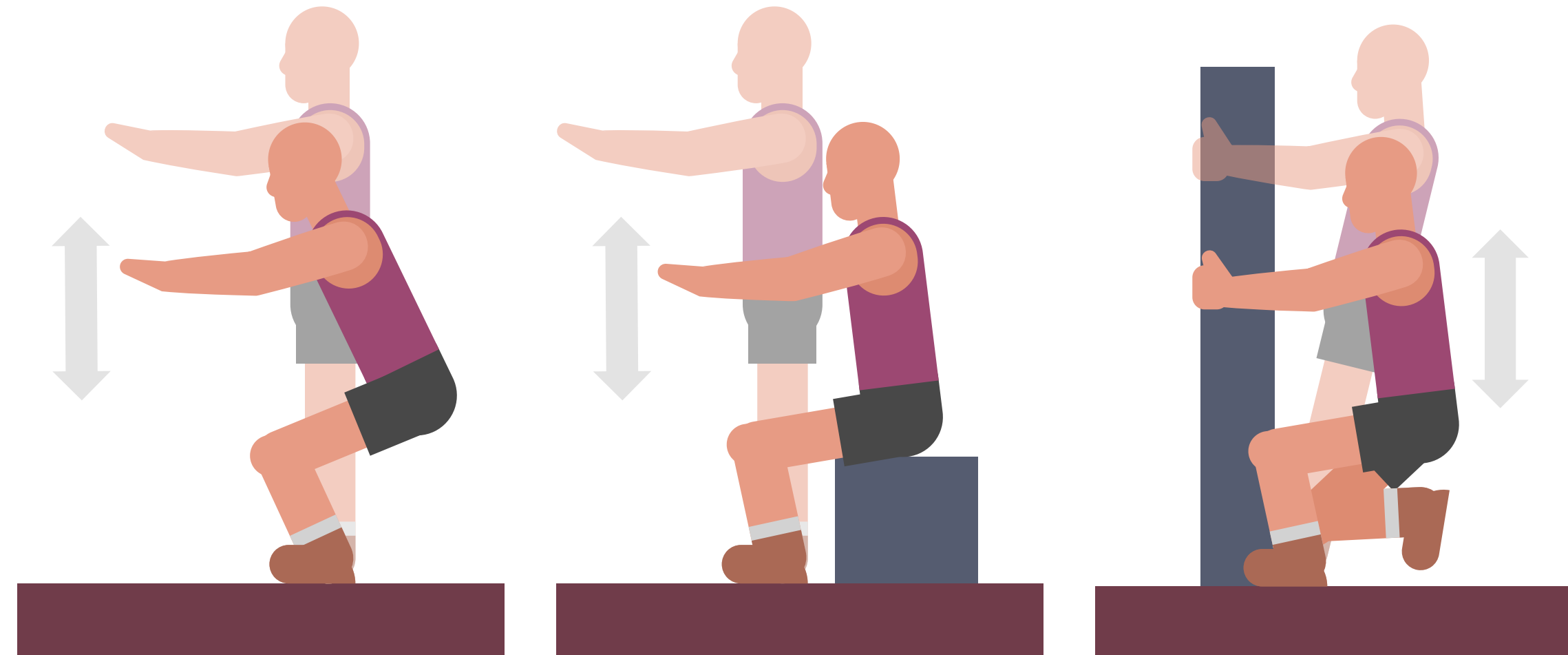
**Secondary Muscle:** Hamstrings- Calvs - Lower Back



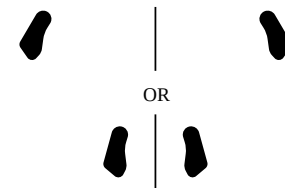
You can go down as far as bending your knees at 90 degrees, or until your thighs are parallel to the floor.



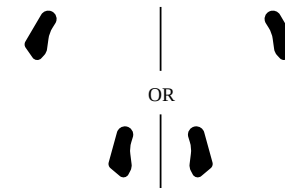
When standing up, avoid locking your knees. Keep them in a slight bend.



Free Seated Squats



Free Squats



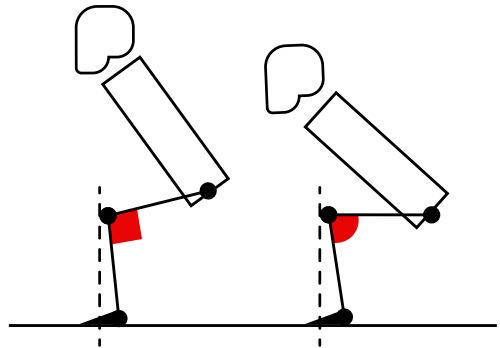
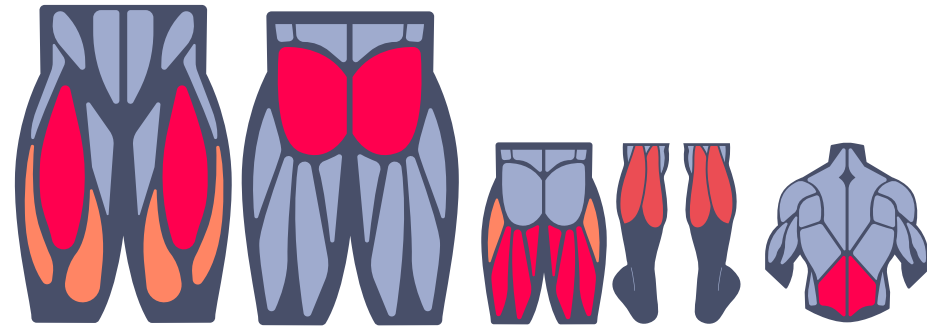
One Leg Squat

# Band Squats

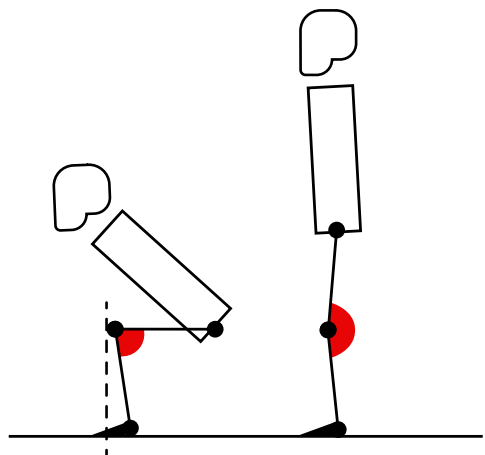
## TARGET MUSCLE:

**Primary Muscle:** Quads - Glutes

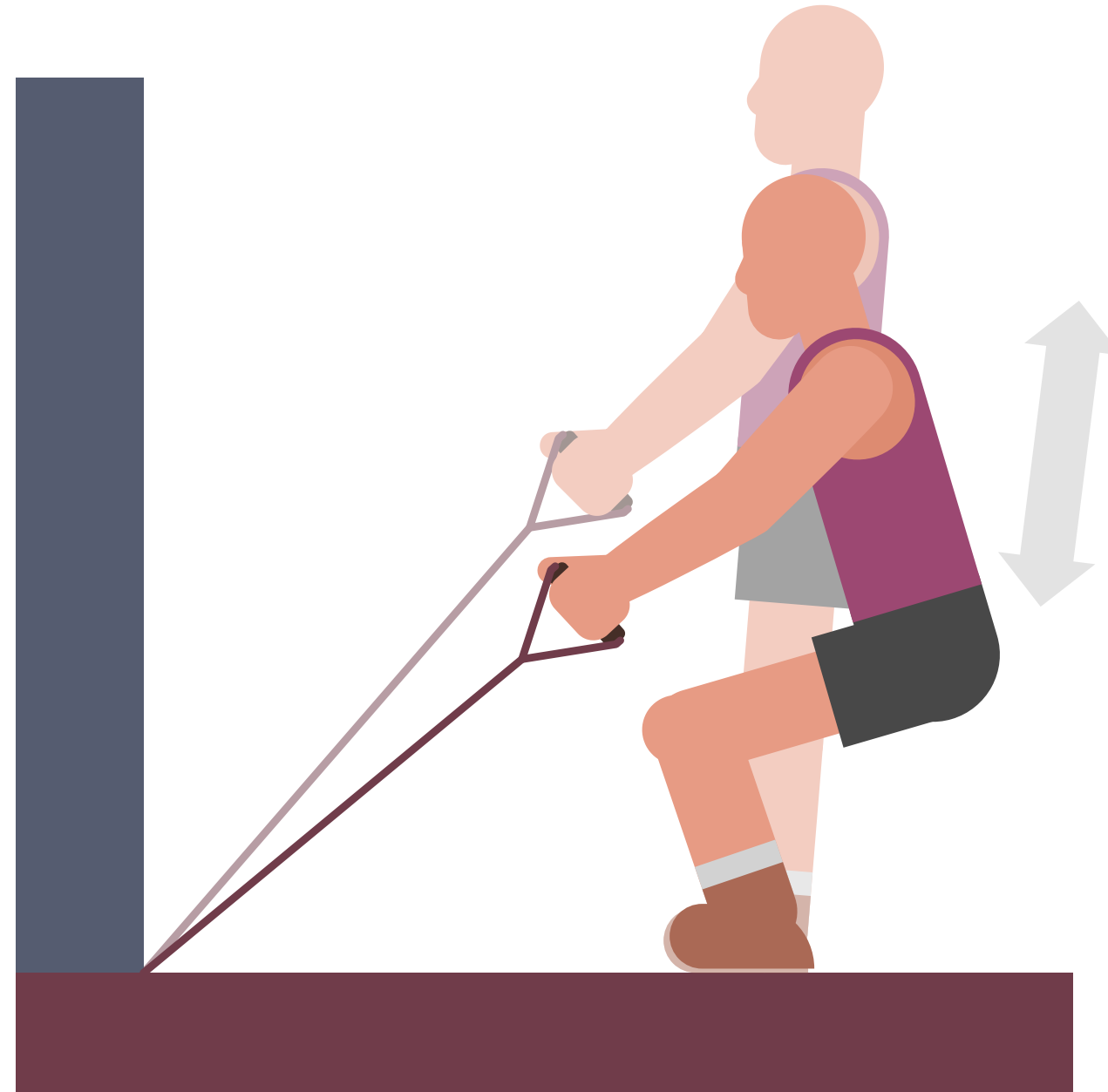
**Secondary Muscle:** Hamstrings- Calvs - Lower Back



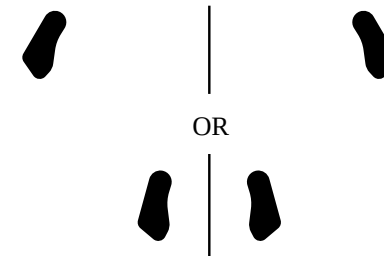
You can go down as far as bending your knees at 90 degrees, or until your thighs are parallel to the floor.



When standing up, avoid locking your knees. Keep them in a slight bend.



Band Squats



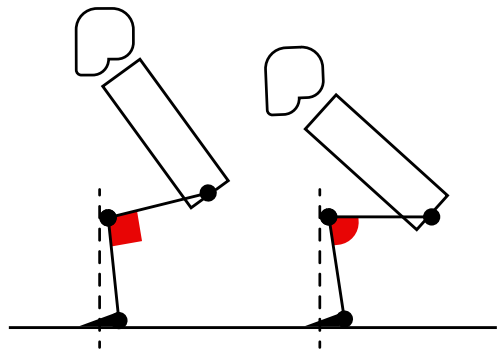
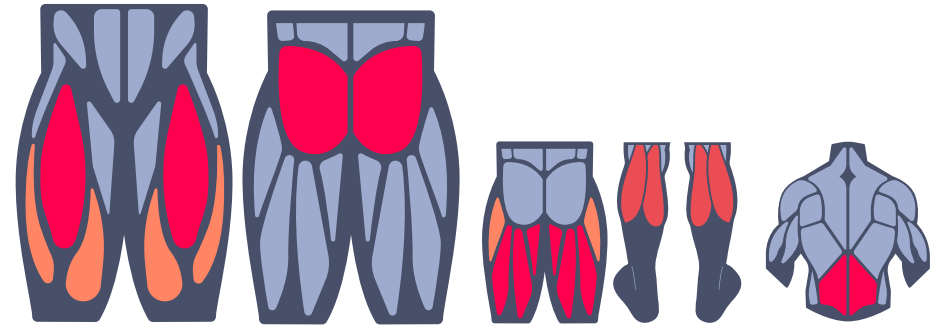
# Free Band Squats

Both Legs - Handle Band

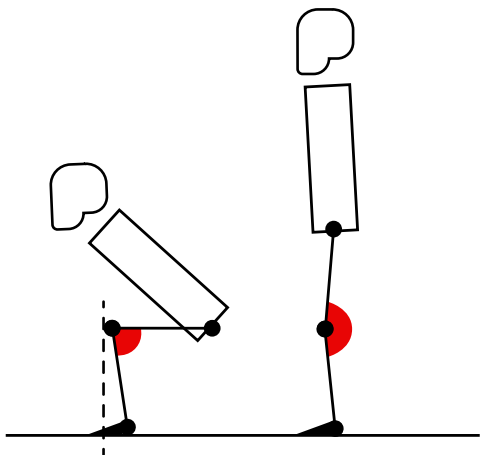
**TARGET MUSCLE:**

**Primary Muscle:** Quads - Glutes

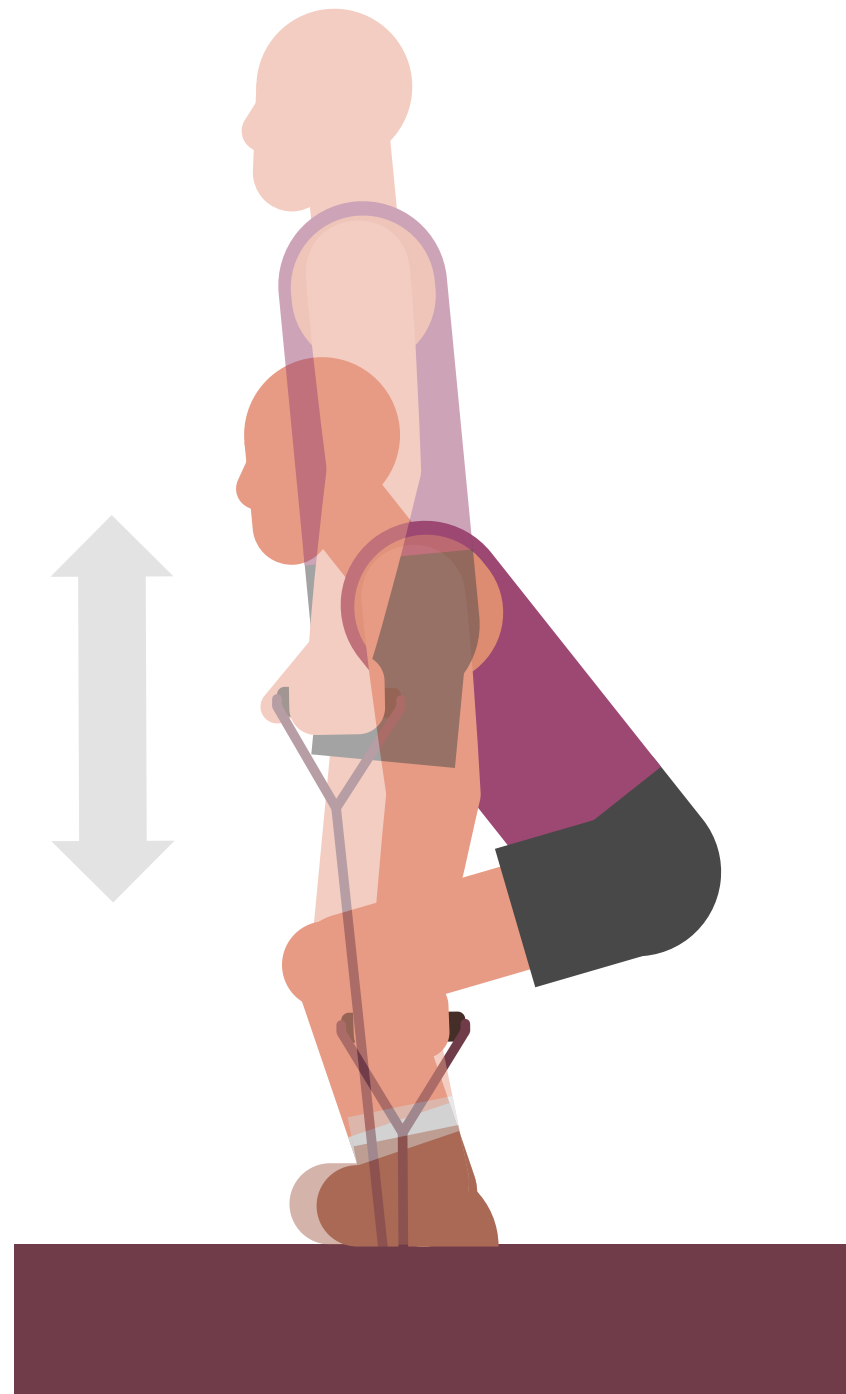
**Secondary Muscle:** Hamstrings- Calvs - Lower Back



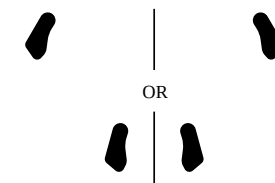
You can go down as far as bending your knees at 90 degrees, or until your thighs are parallel to the floor.



When standing up, avoid locking your knees. Keep them in a slight bend.



Free Band Squats

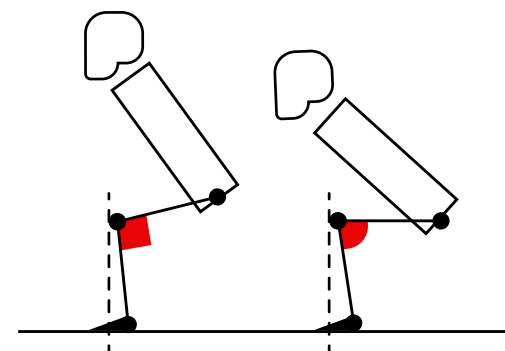
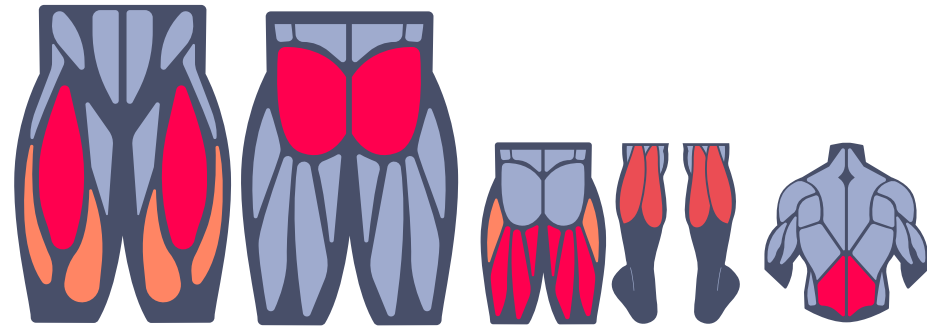


# Sumo Squat

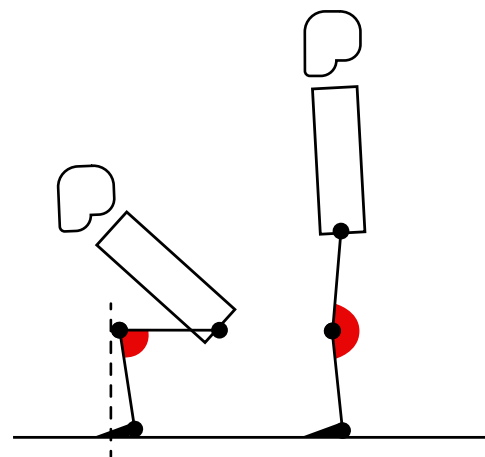
## TARGET MUSCLE:

**Primary Muscle:** Quads - Glutes

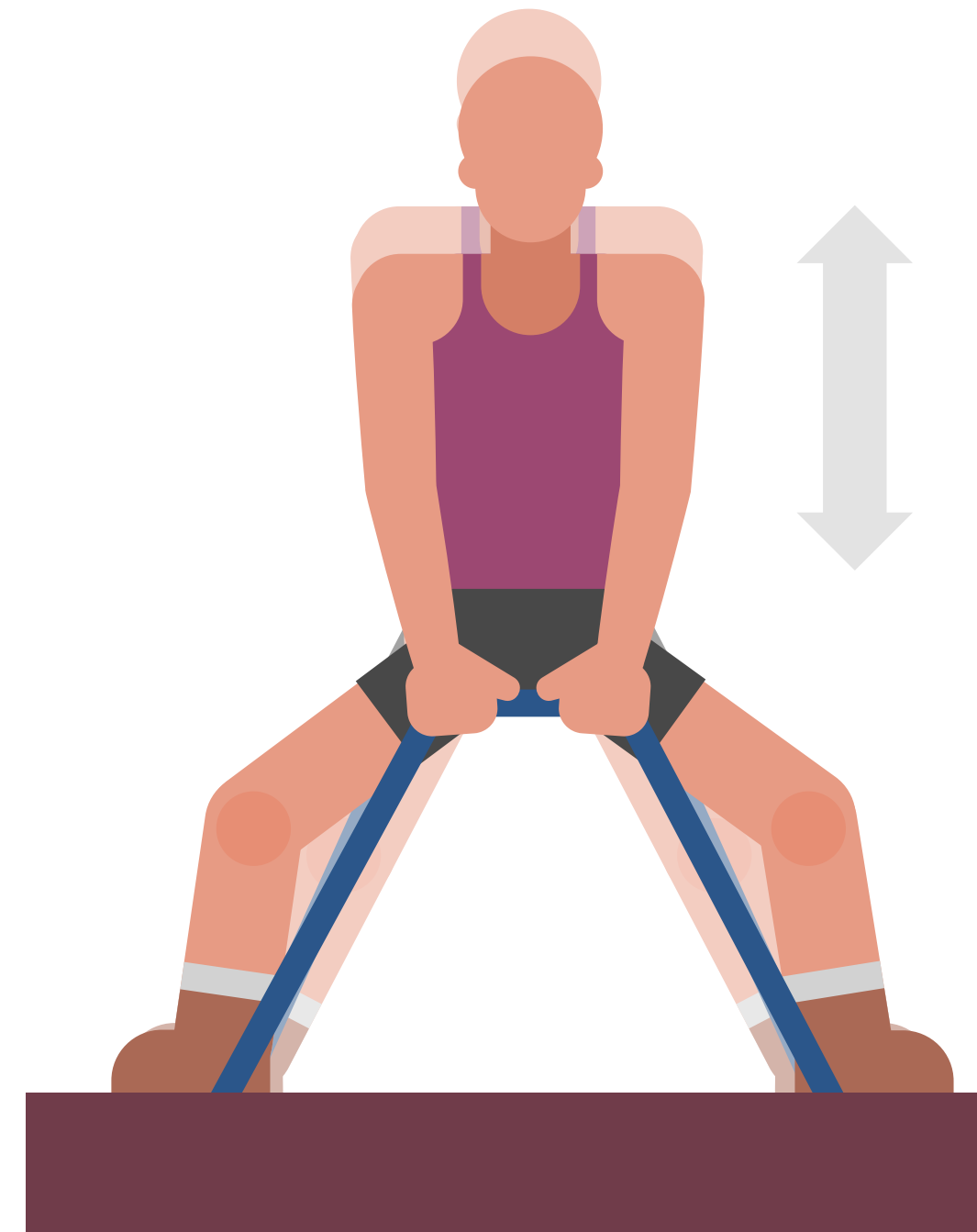
**Secondary Muscle:** Hamstrings - Calves - Lower Back



You can go down as far as bending your knees at 90 degrees, or until your thighs are parallel to the floor.



When standing up, avoid locking your knees. Keep them in a slight bend.



Sumo Squat

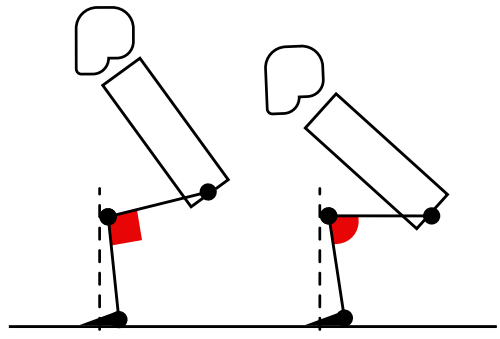
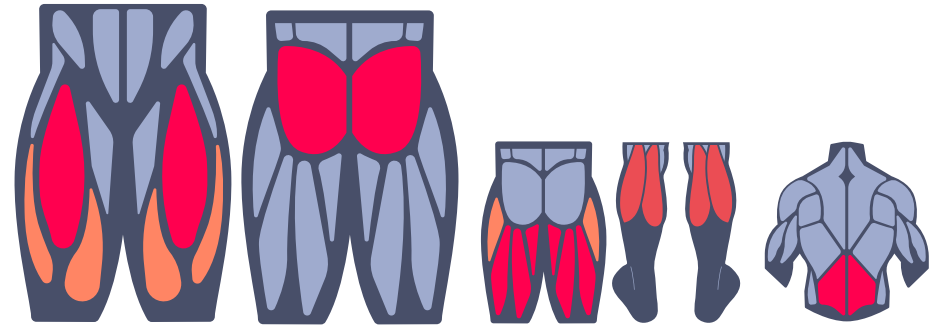


# Lateral Lunges

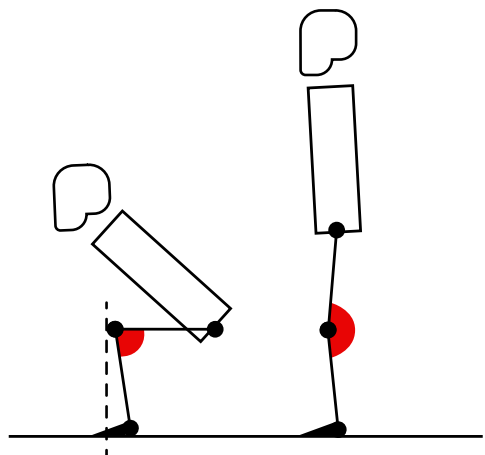
**TARGET MUSCLE:**

**Primary Muscle:** Quads - Glutes

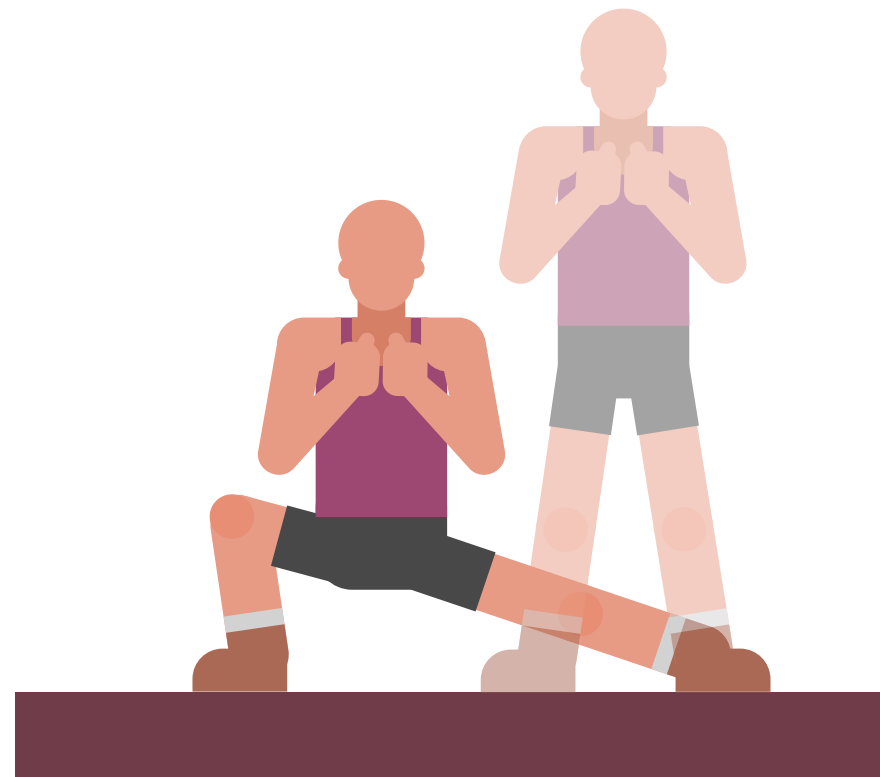
**Secondary Muscle:** Hamstrings- Calvs - Lower Back



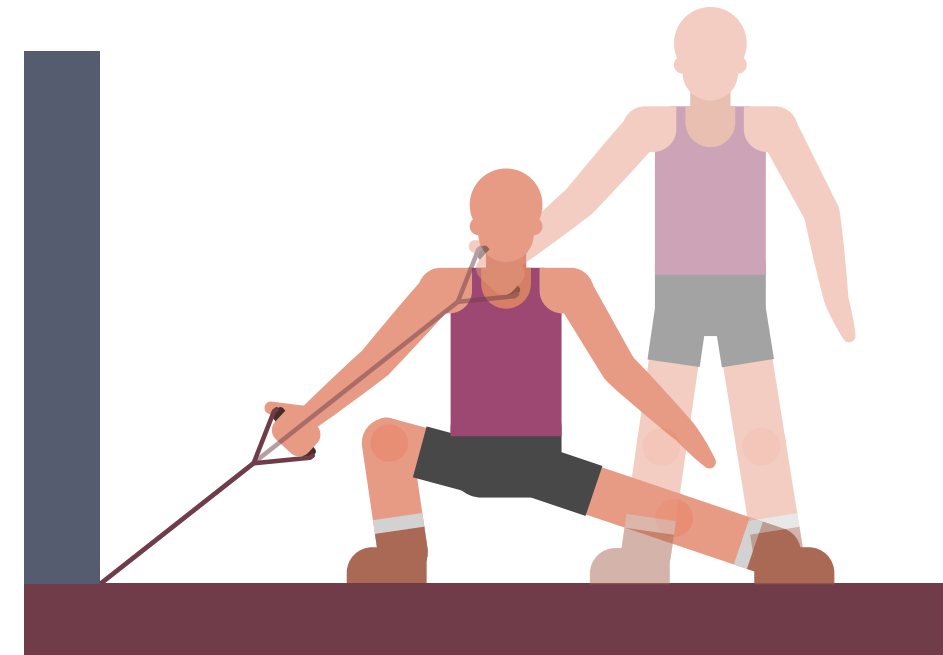
You can go down as far as bending your knees at 90 degrees, or until your thighs are parallel to the floor.



When standing up, avoid locking your knees. Keep them in a slight bend.



Lateral Lunges



Band Lateral Lunges

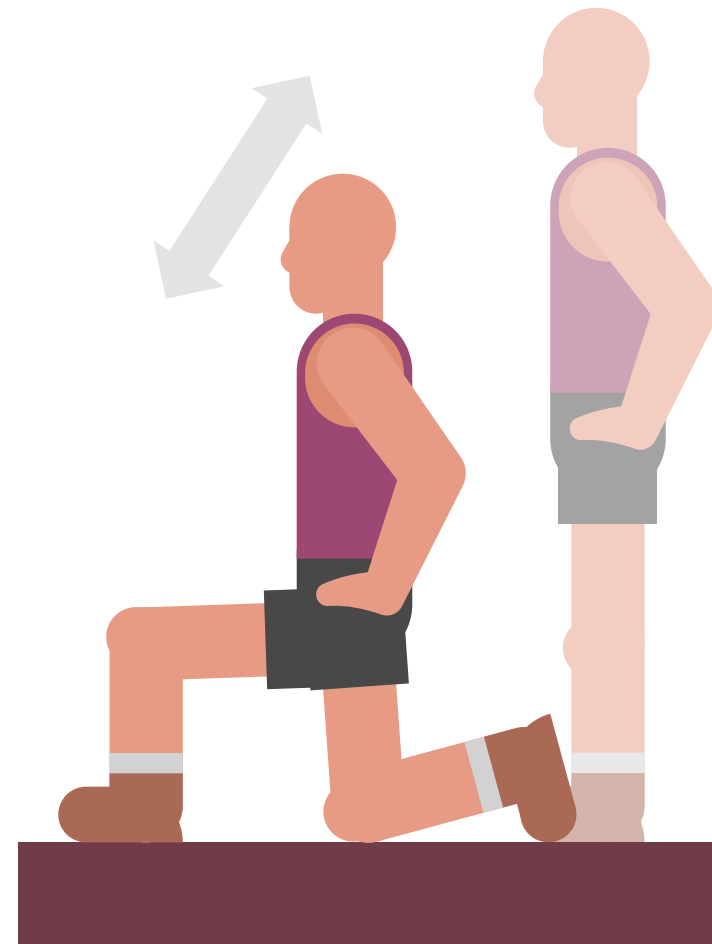
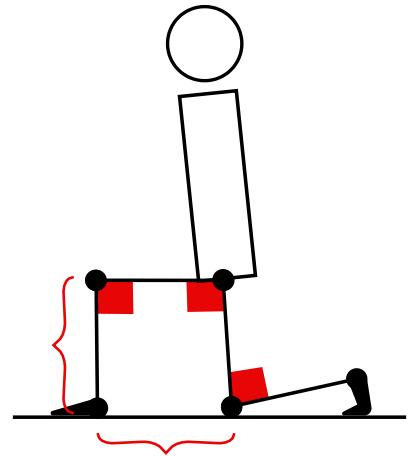
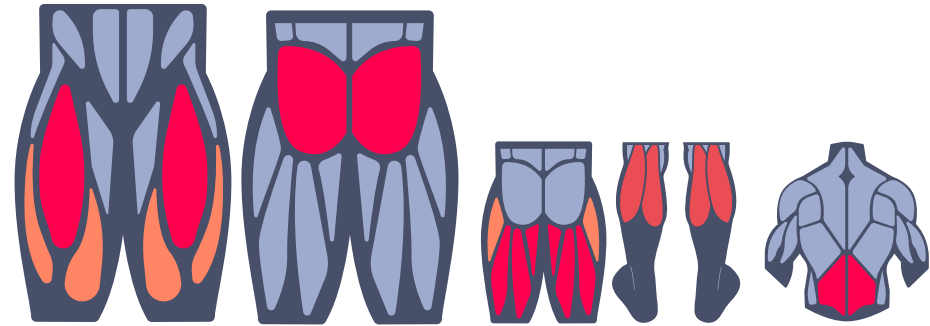


# Lunges

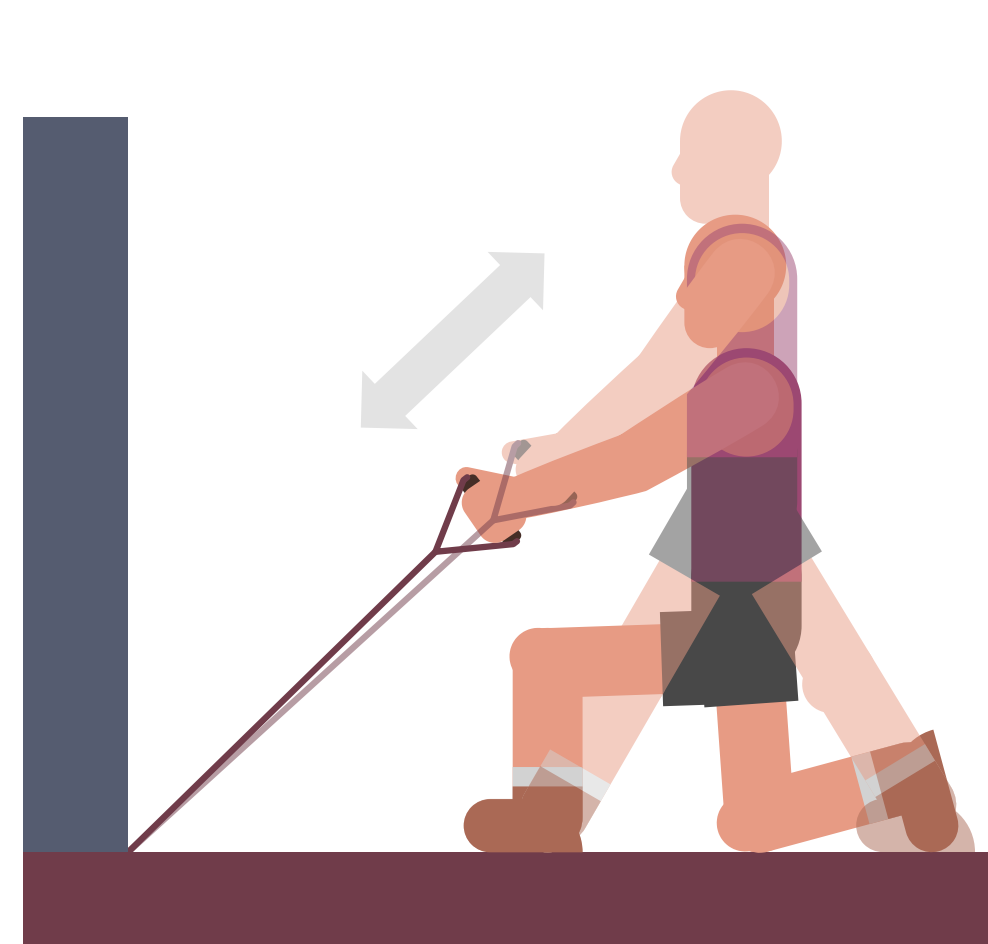
## TARGET MUSCLE:

**Primary Muscle:** Quads - Glutes

**Secondary Muscle:** Hamstrings- Calvs - Lower Back



Free Lunges



Fixed Band Lunges



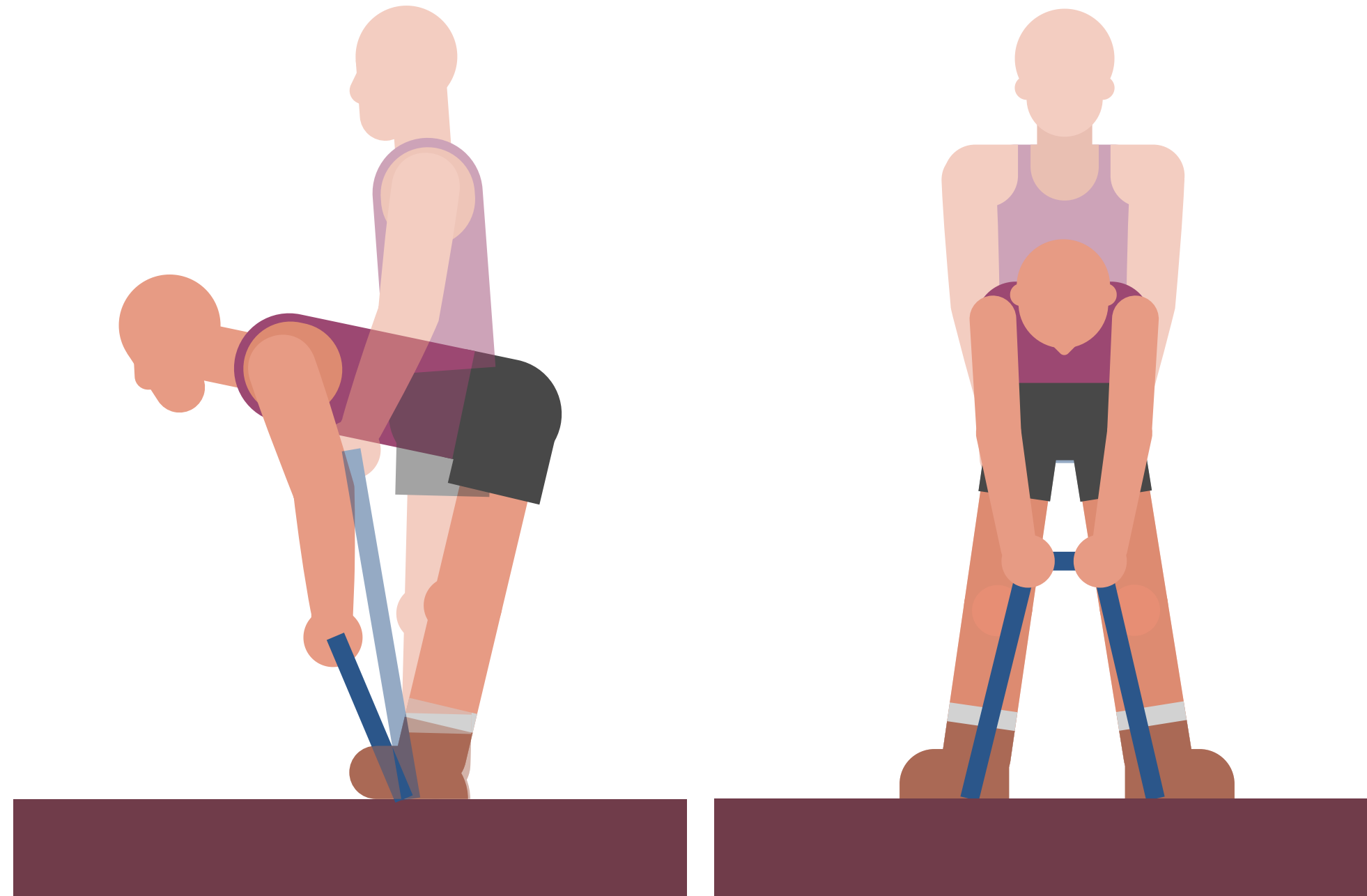
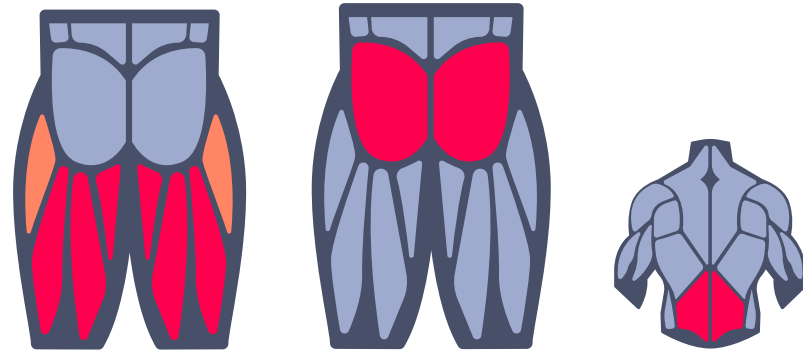
Band Lunges

# Deadlift

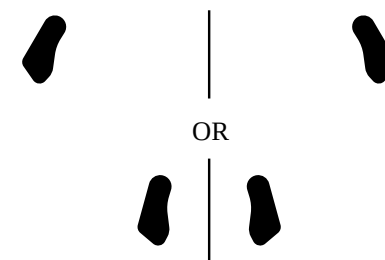
**TARGET MUSCLE:**

**Primary Muscle:** Glutes - Hamstrings

**Secondary Muscle:** Lower Back



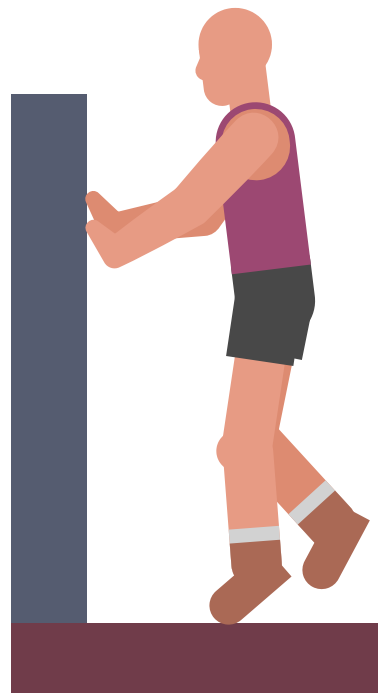
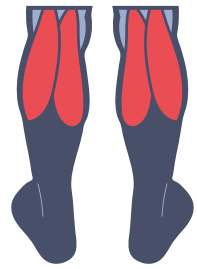
**Deadlift**  
Loop or Handle Band



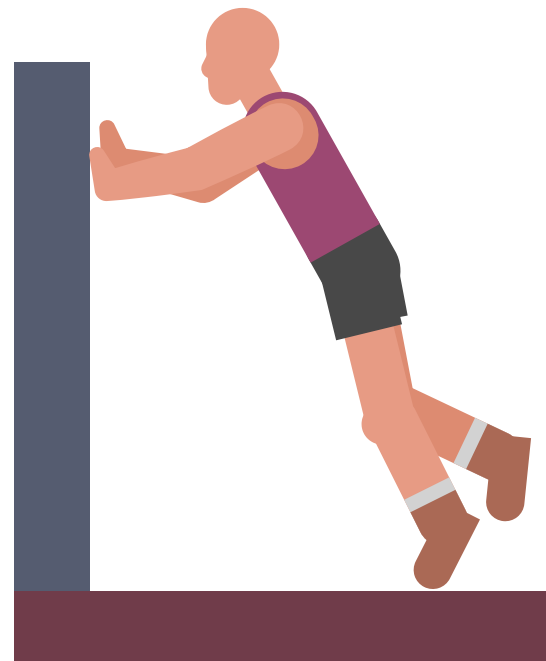
# Calves

TARGET MUSCLE:

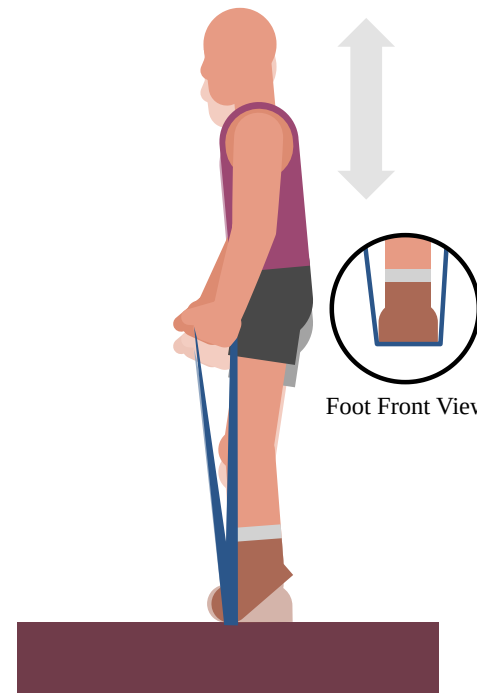
Primary Muscle: Calves



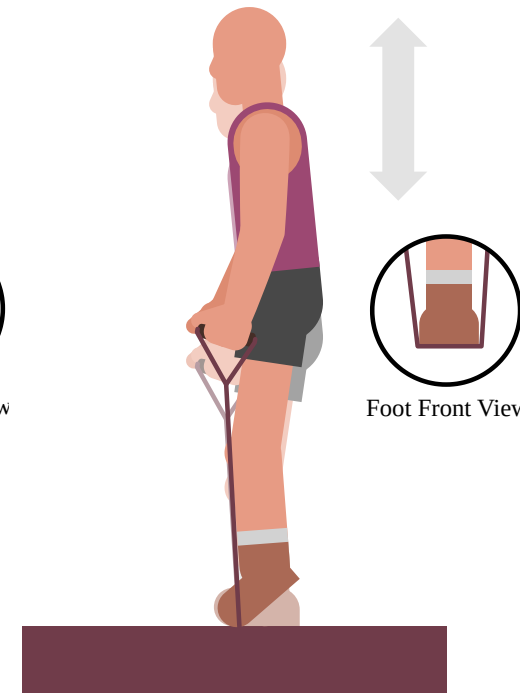
**Free Calves**  
Single or Both Legs



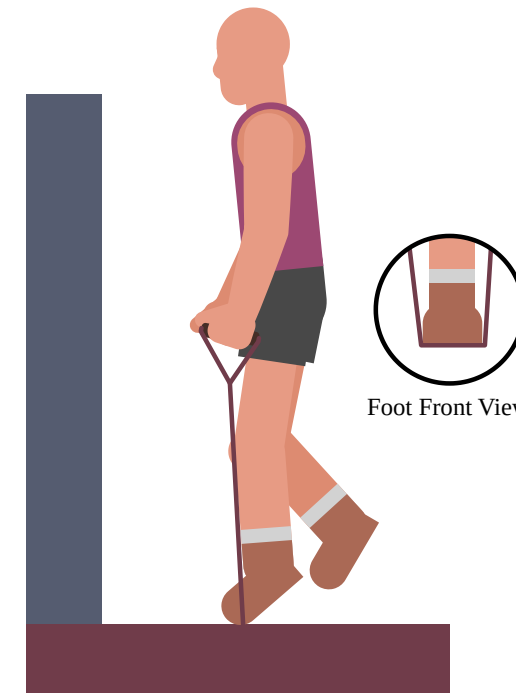
**Free Calves**  
Single or Both Legs



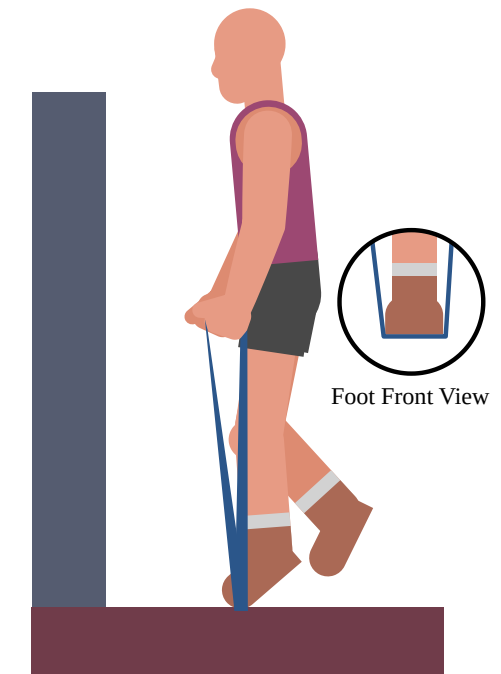
**Band Calves**  
Loop Band - Both Legs



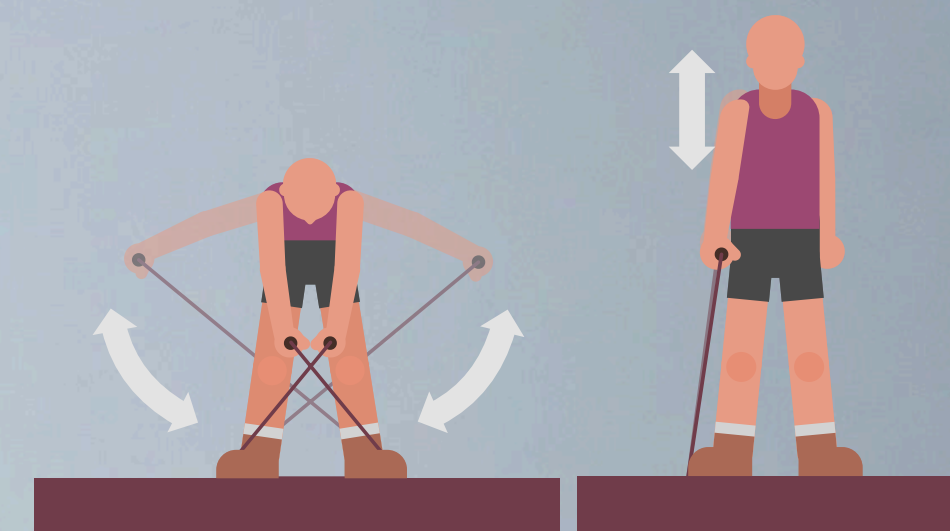
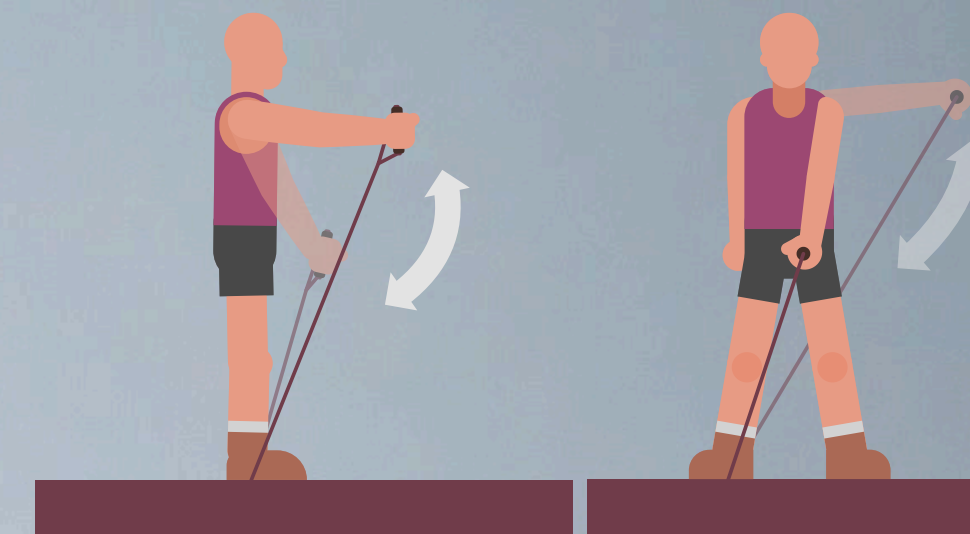
**Band Calves**  
Handle Band - Both Legs



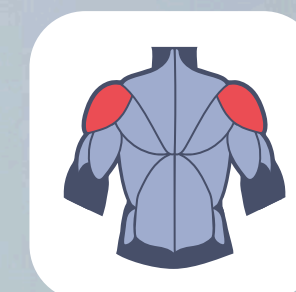
**Band Calves**  
Handle Band - Single Leg



**Band Calves**  
Loop Band - Single Leg



## Shoulder Muscle

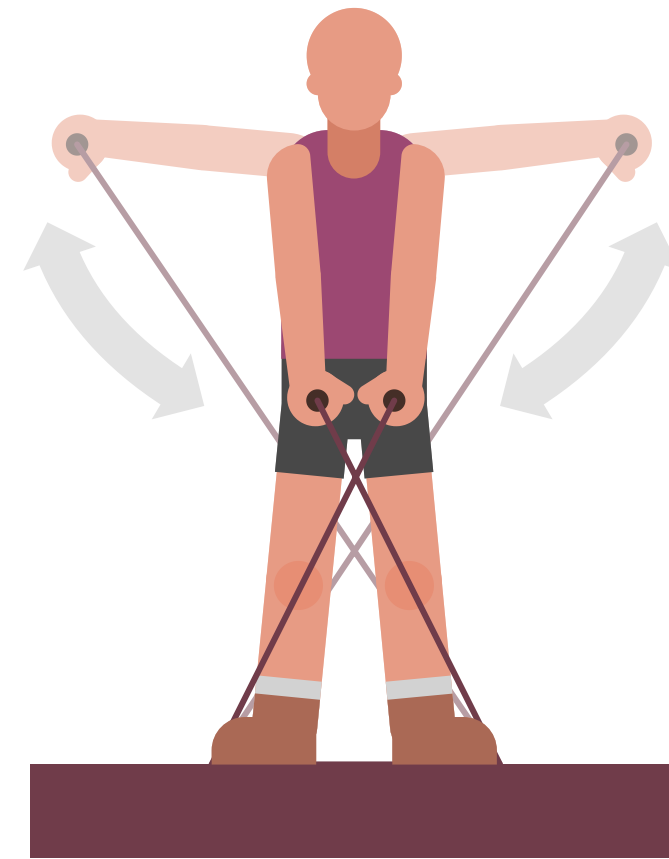
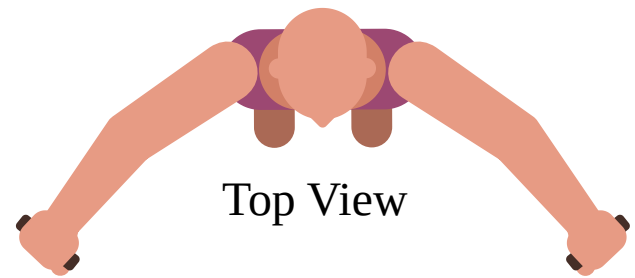
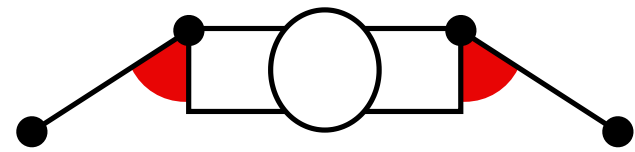
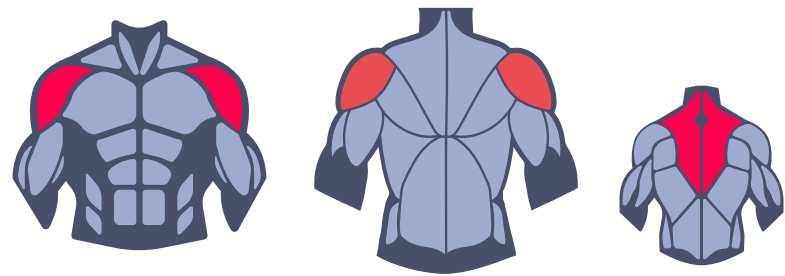


# Shoulder Flies

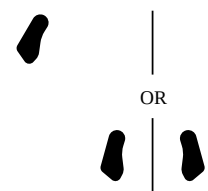
## TARGET MUSCLE:

**Primary Muscle:** Side Delts (Lateral Deltoids)

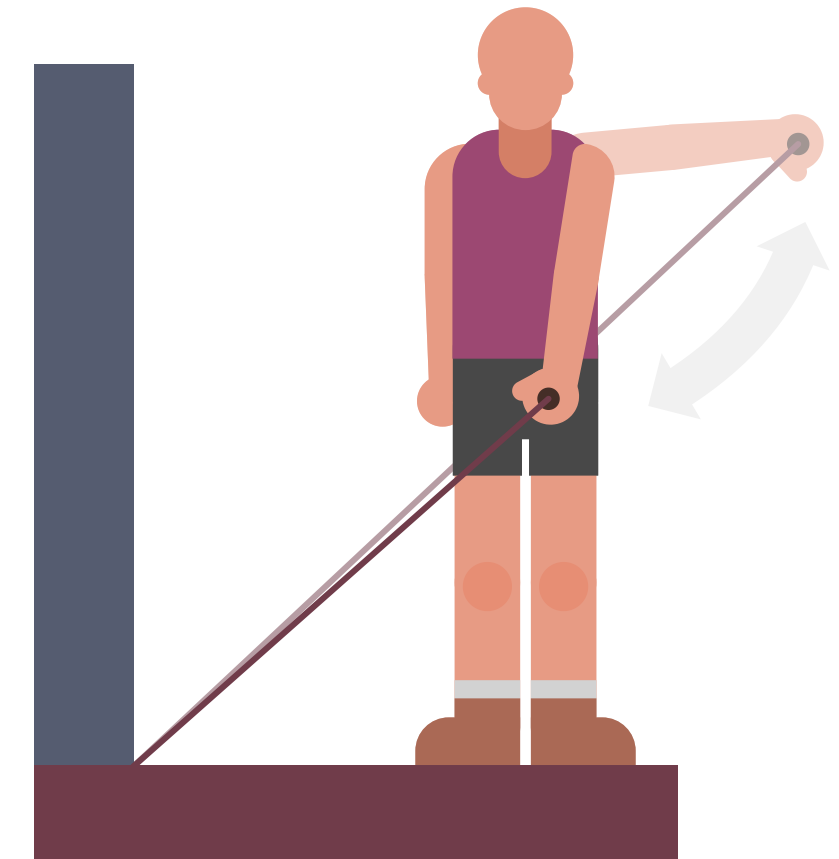
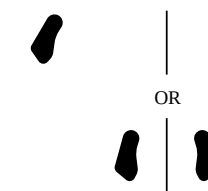
**Secondary Muscles:** Traps (Trapezius)



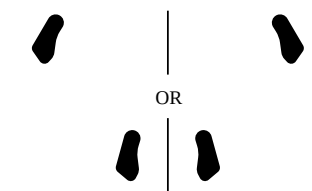
**Lateral Flies**  
Both Arms



**Lateral Flies**  
Single Arm



**Lateral Flies**  
Single Arm

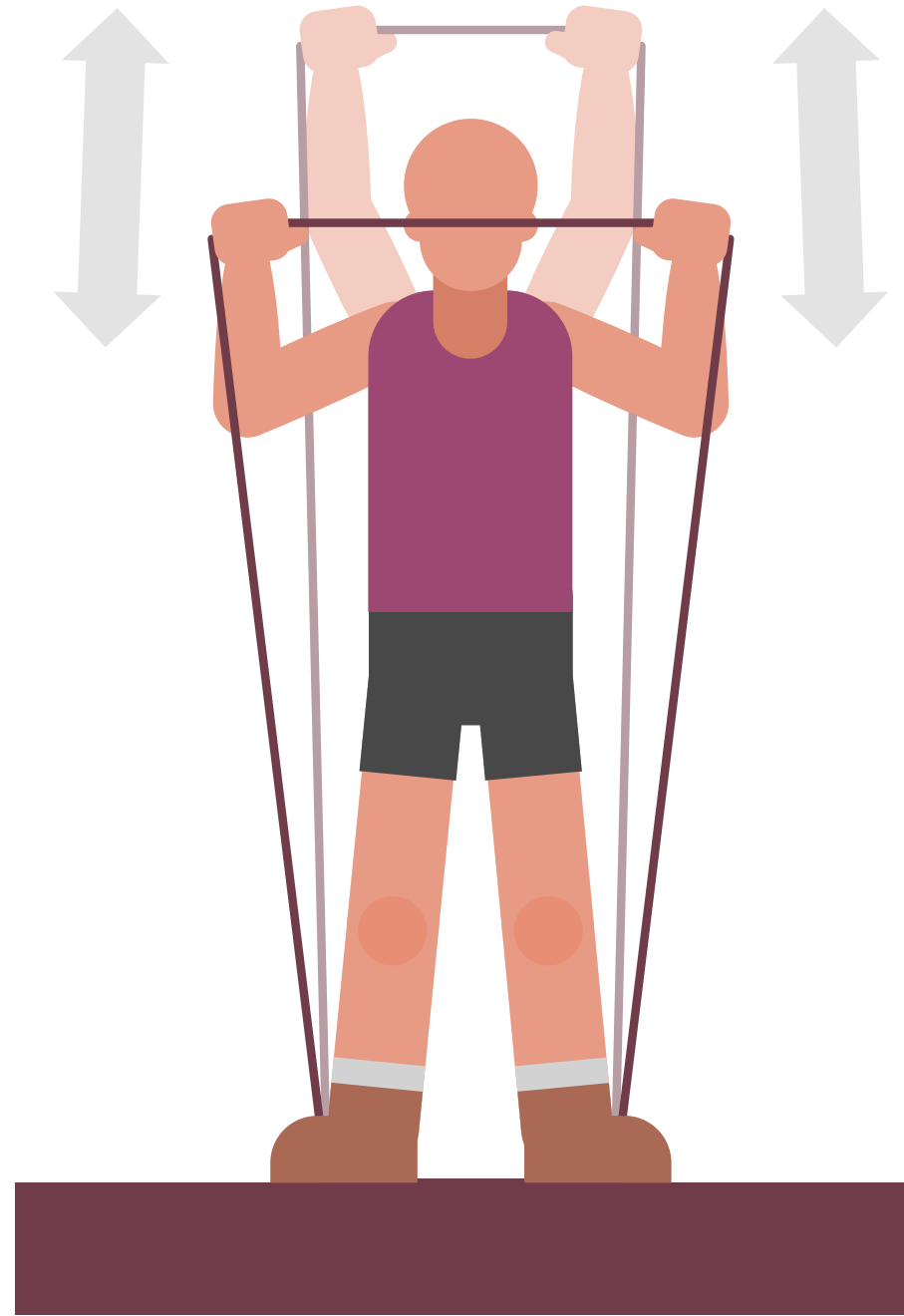
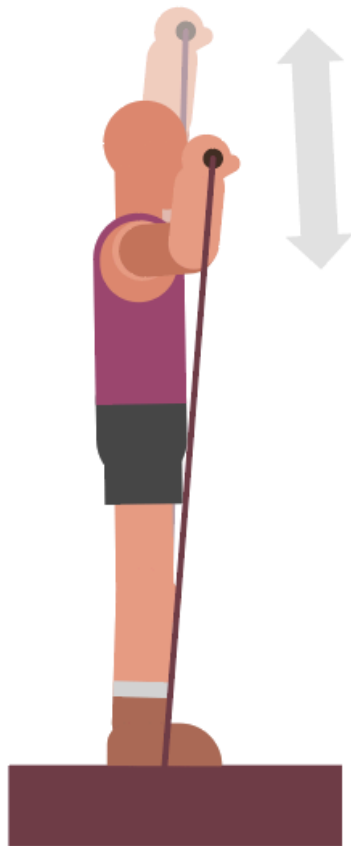
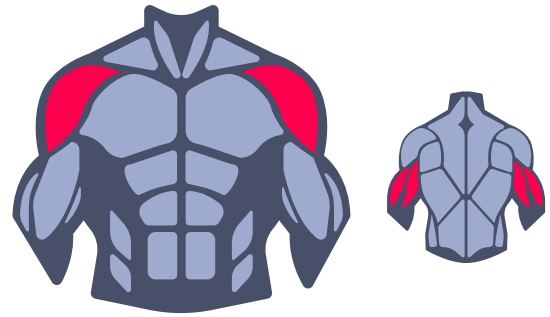


# SHOULDER PRESS

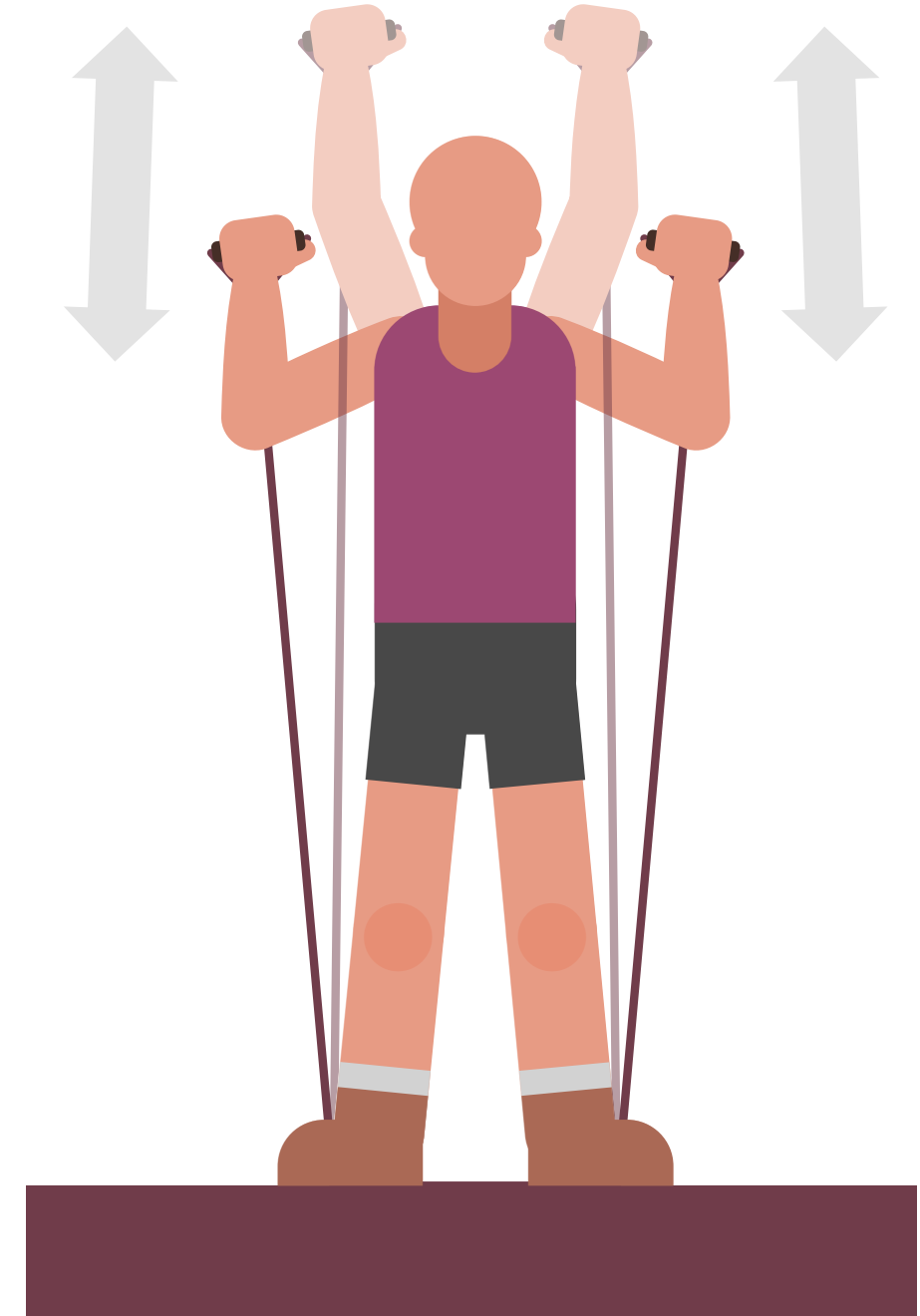
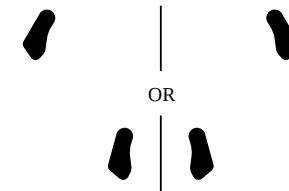
**TARGET MUSCLE:**

**Primary Muscle:** Front Delts

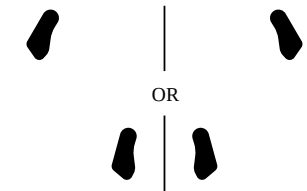
**Secondary Muscle:** Triceps



**Shoulder Press**  
Both Arms - Handle Band



**Shoulder Press**  
Both Arms - Handle Band

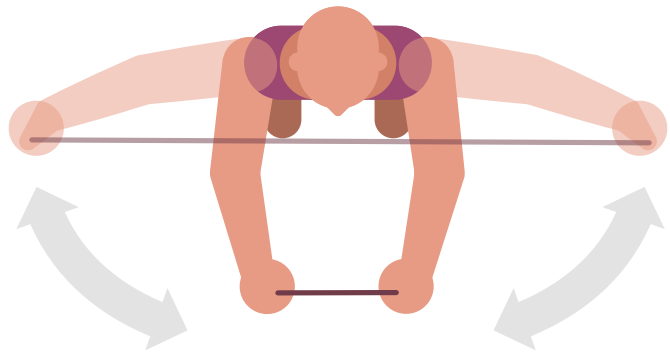
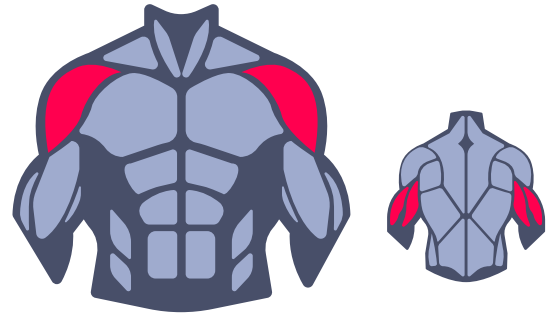


# Rear Delts Flies

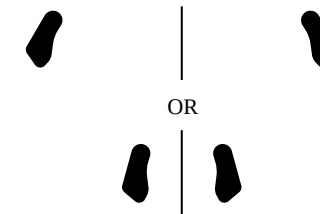
**TARGET MUSCLE:**

**Primary Muscle:** Rear Delts

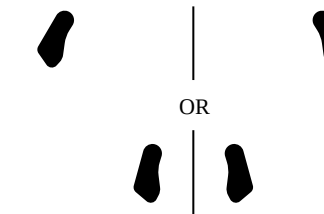
**Secondary Muscle:** Triceps



Rear Delts Flies  
Loop Band



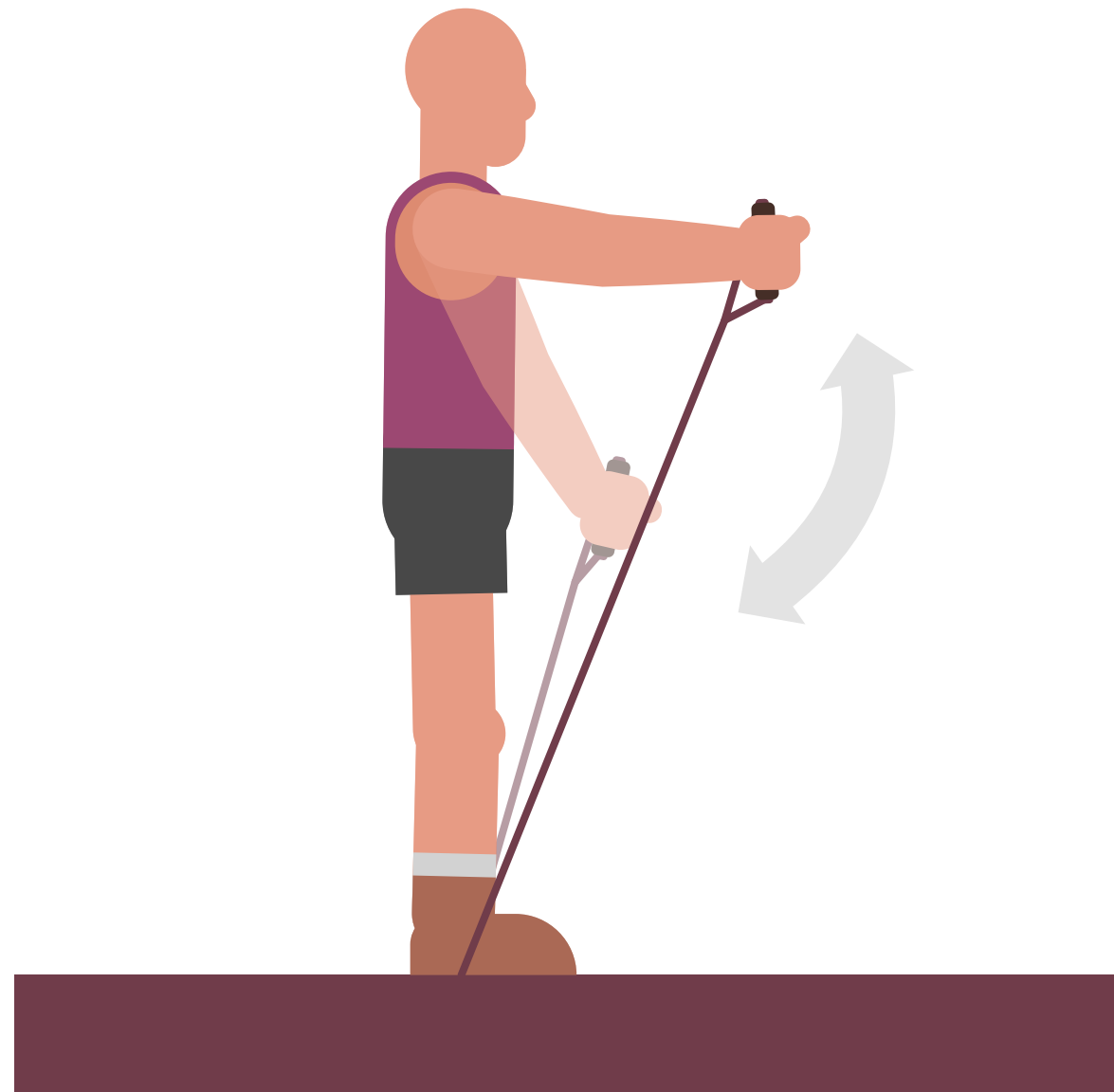
Rear Delts Flies  
Loop Band



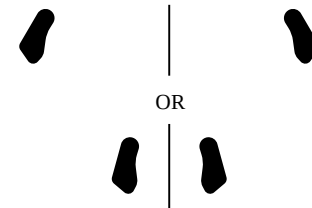
# Front Delts Flies

TARGET MUSCLE:

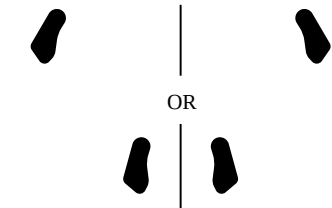
Primary Muscle: Front Delts



**Free Front Delts Flies**  
Single or Both Arms



**Front Delts Flies**  
Single or Both Arms

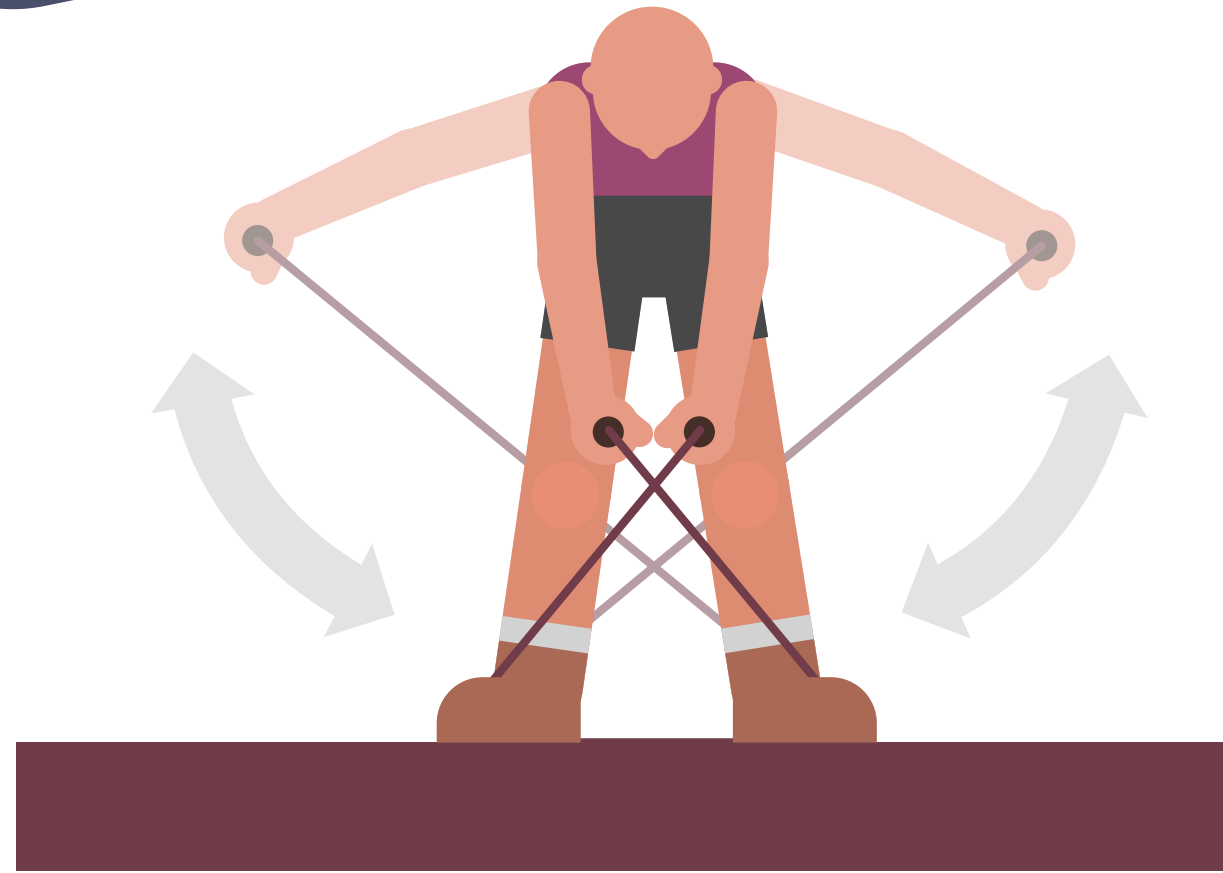
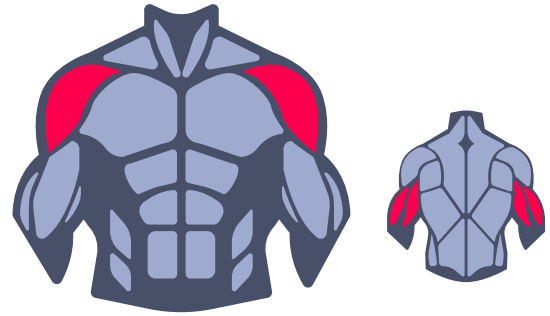


# Bent Over Rear Delts Flies

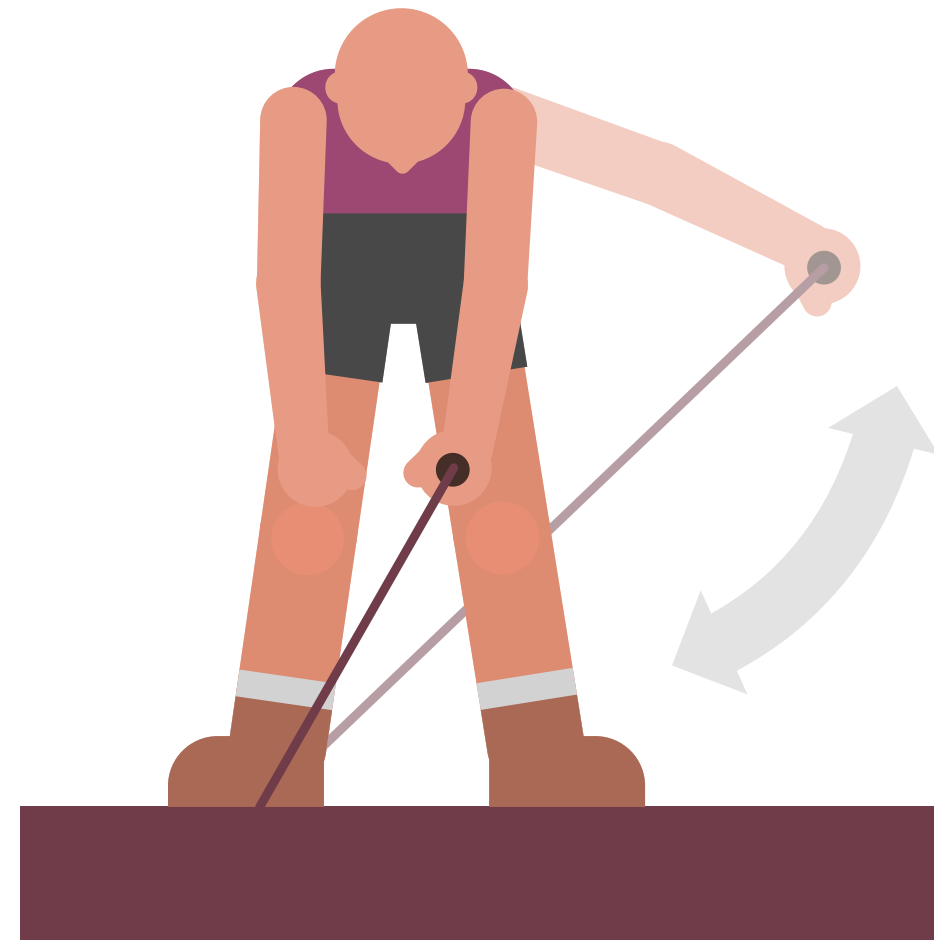
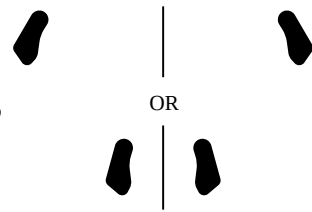
TARGET MUSCLE:

Primary Muscle: Rear Delts

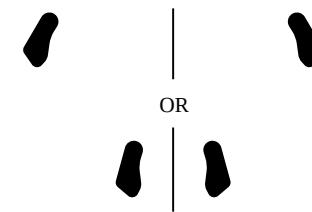
Secondary Muscle: Triceps - Rhomboid



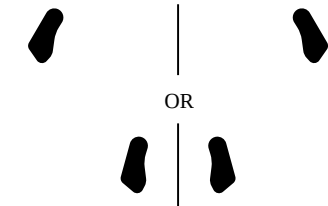
**Bent Over Rear Delts Flies**  
Handle Band - Both Arms



**Rear Delts Flies**  
Handle Band - Single Arm



**Rear Delts Flies**  
Loop Band - Single Arm

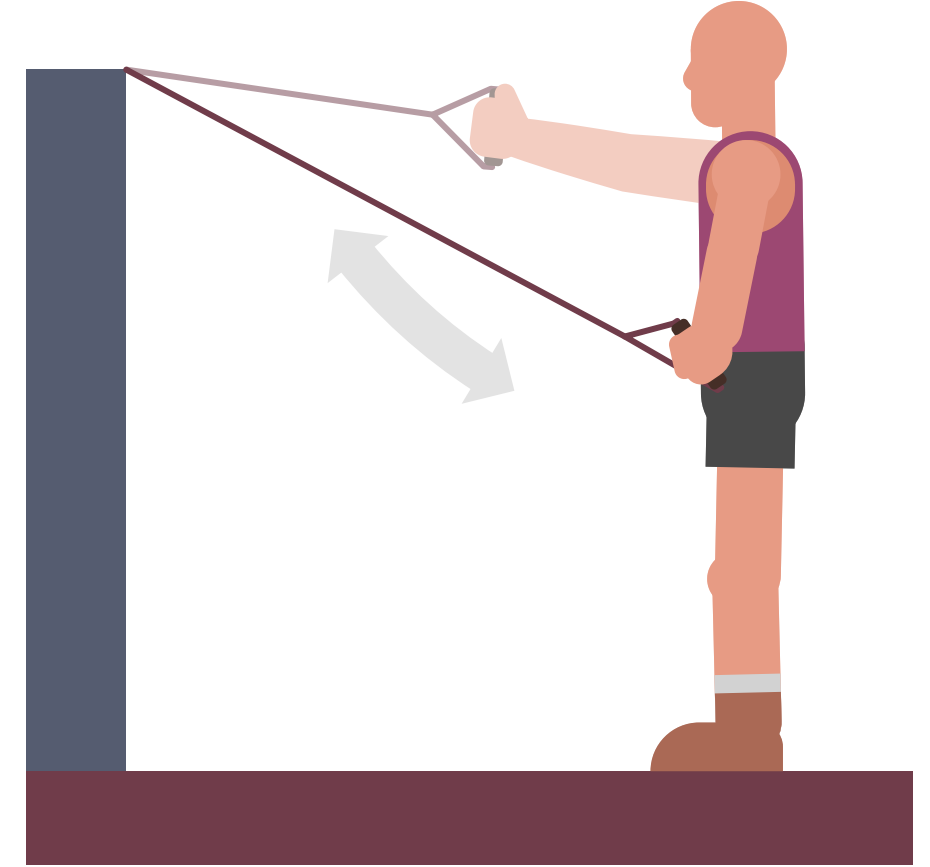
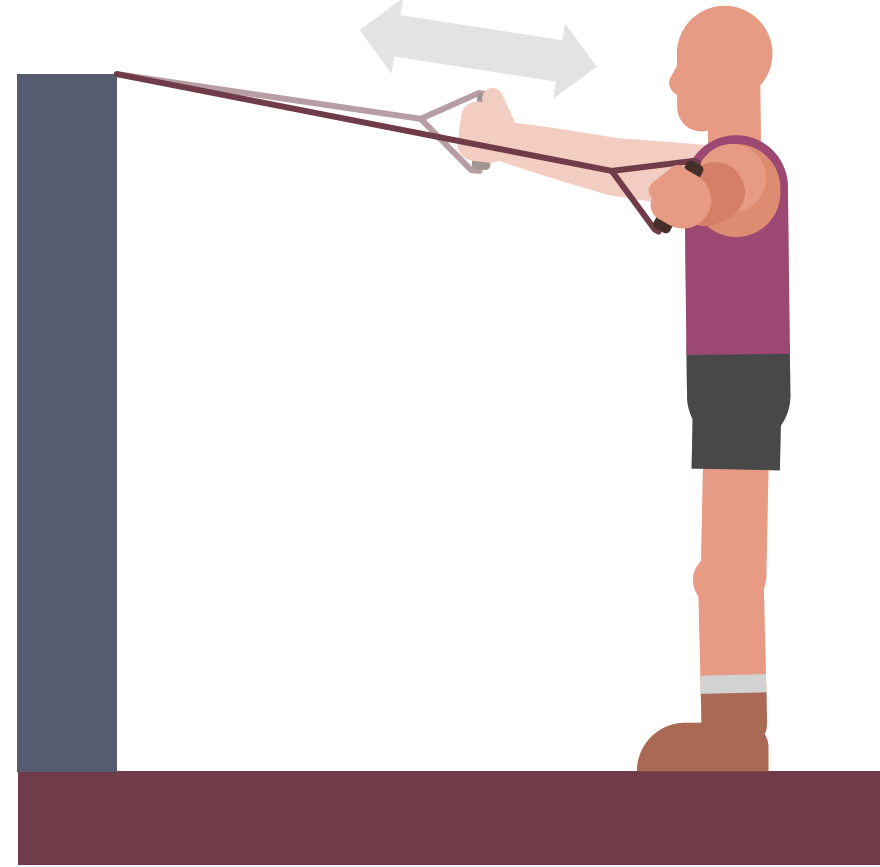
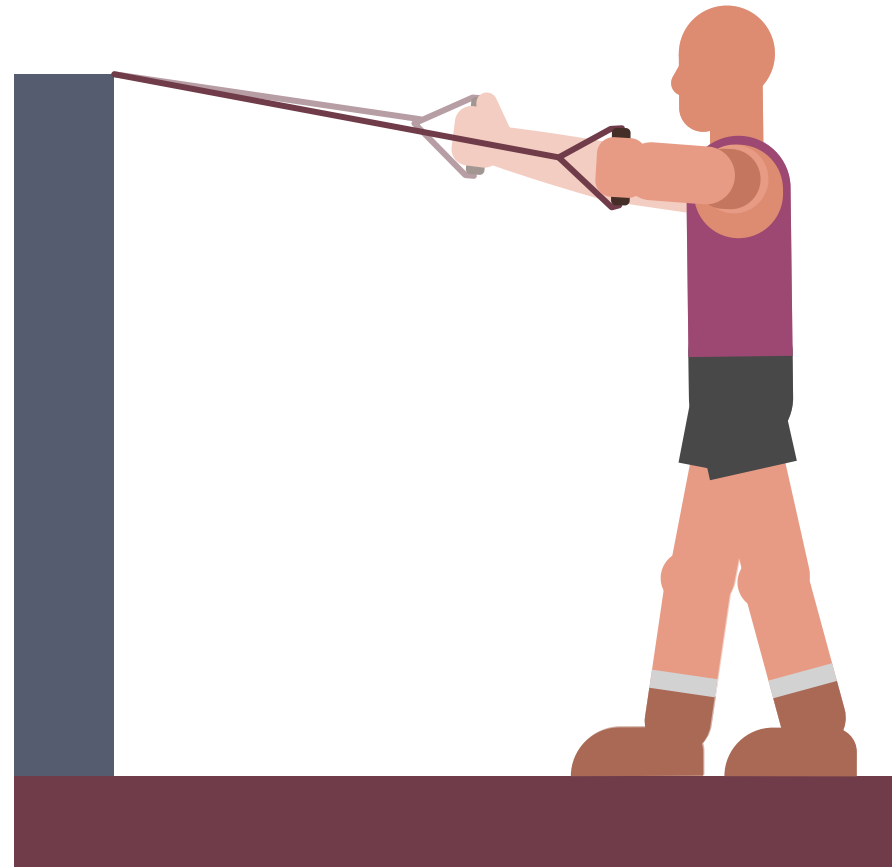
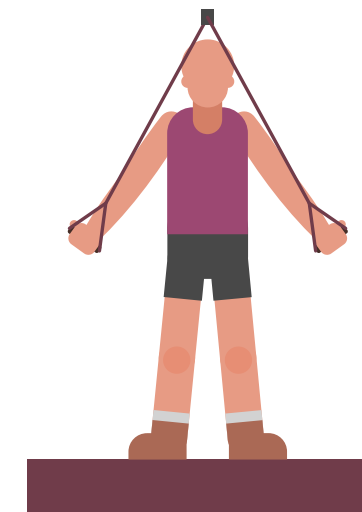
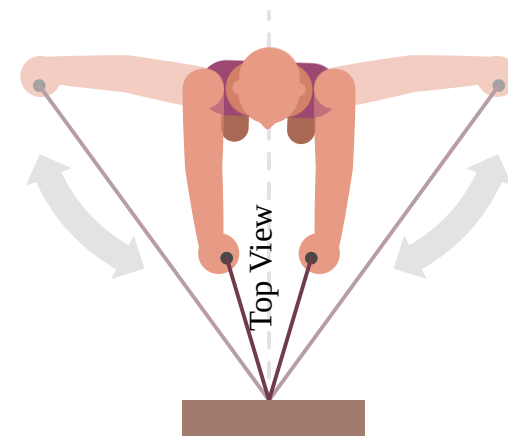
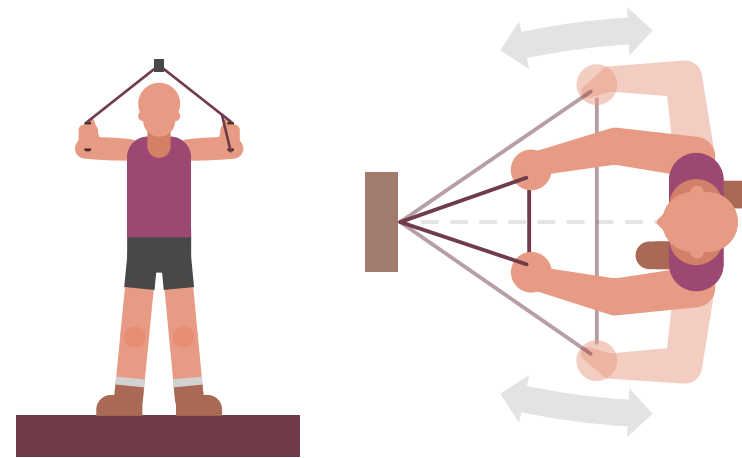
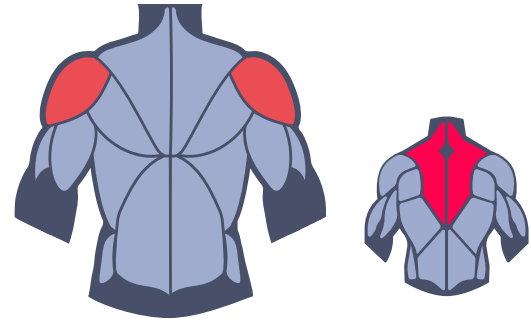


# Rear Delts

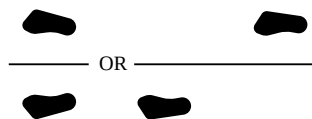
TARGET MUSCLE:

Primary Muscle: Rear Delts

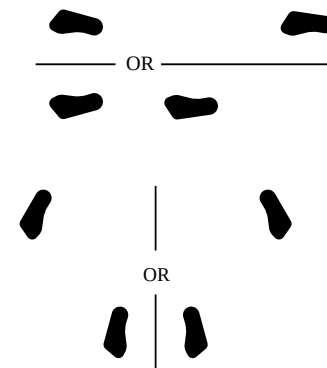
Secondary Muscle: Rhomboid



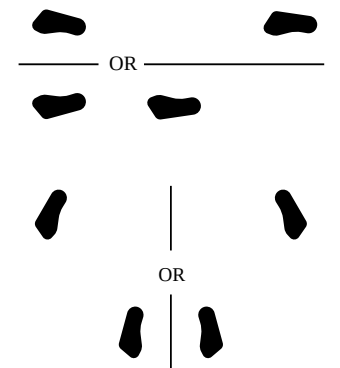
Rear Delts Pulls  
Single or Both Arms



Rear Delts Flies  
Single or Both Arms



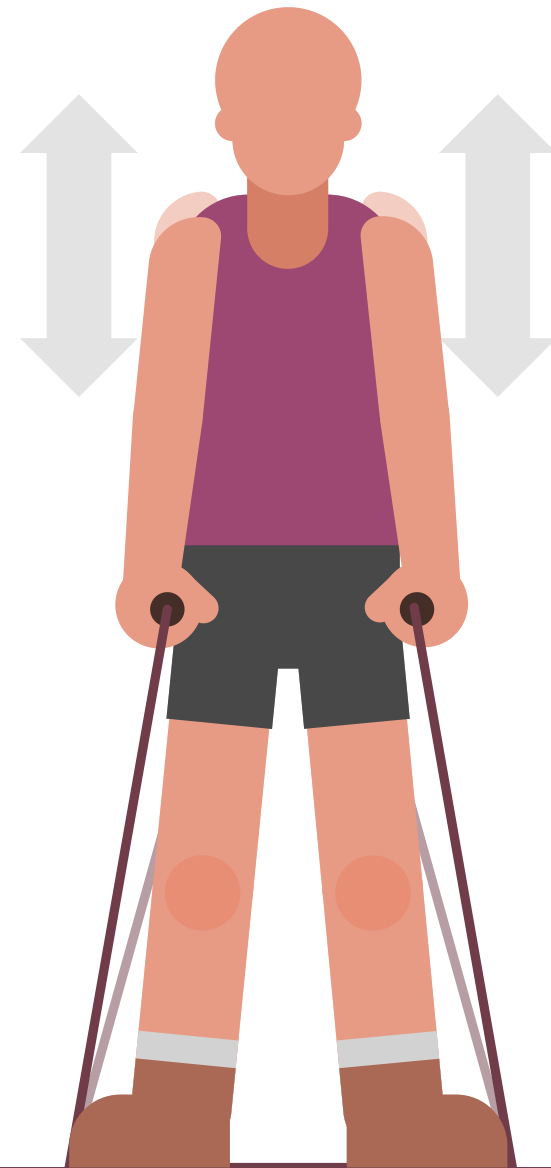
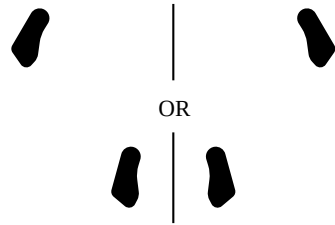
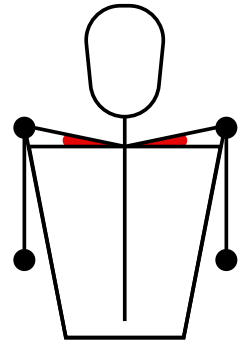
Rear Delts Pull Downs  
Single or Both Arms



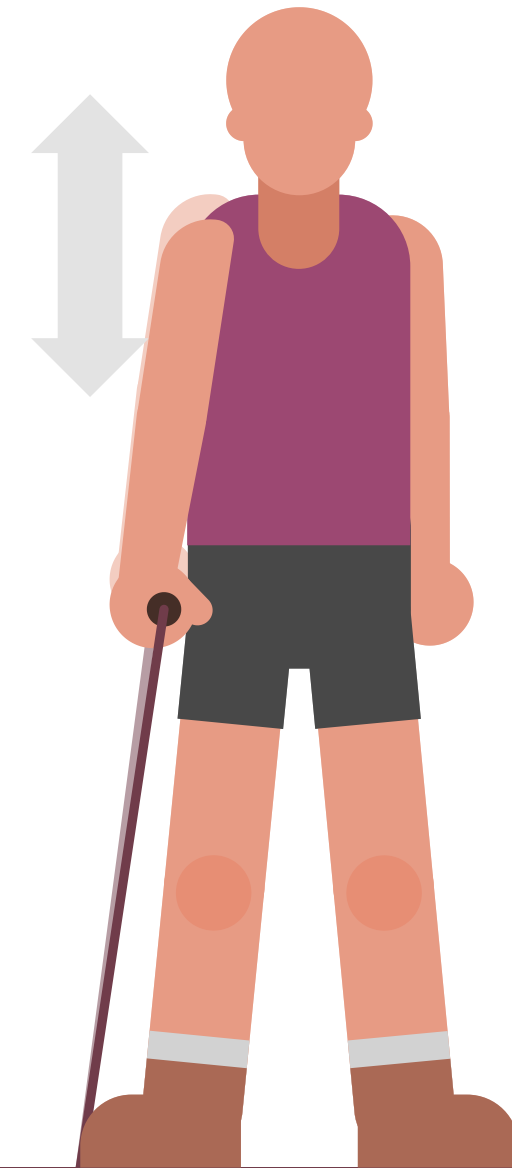
# Shrugs

TARGET MUSCLE:

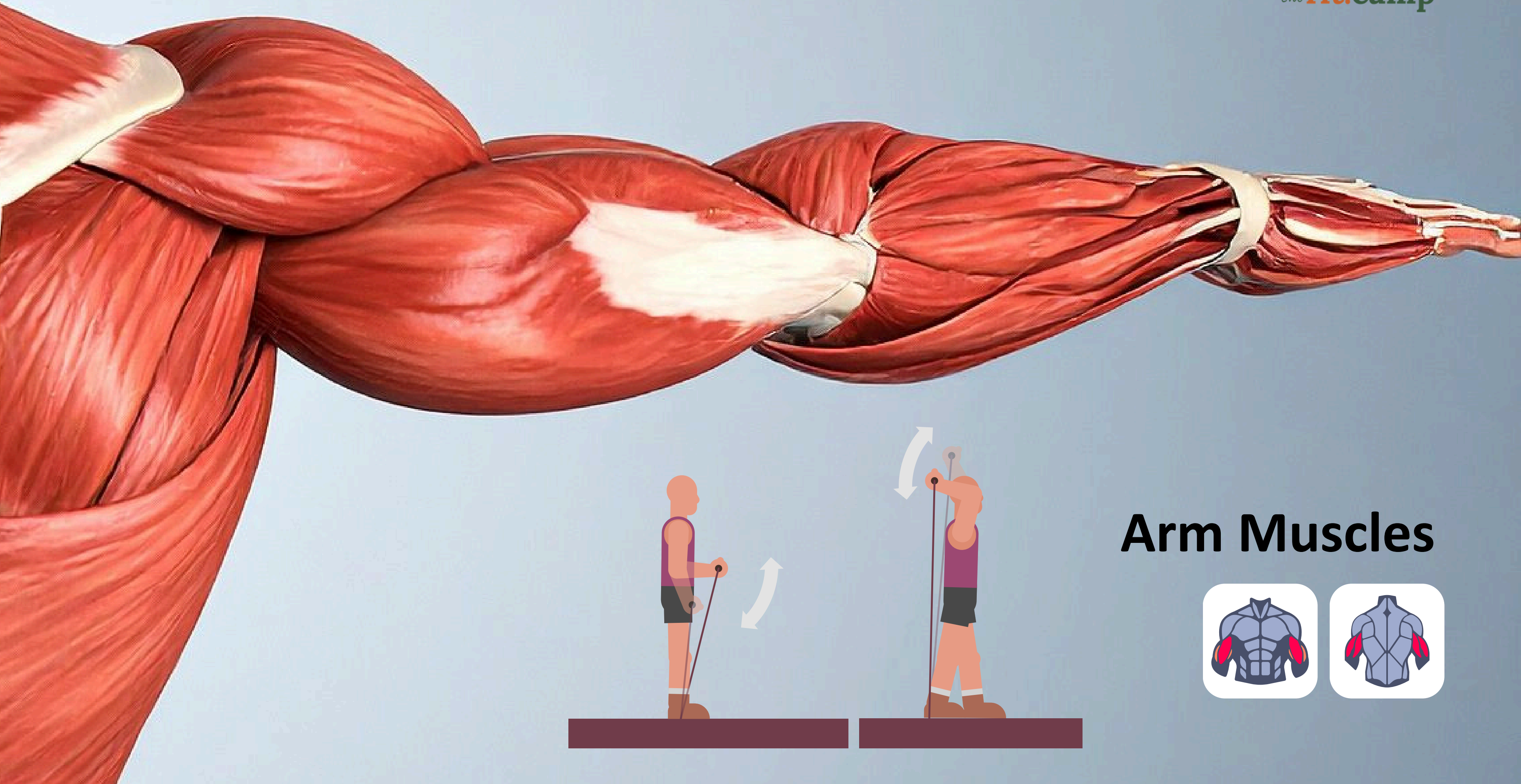
Primary Muscle: Trapezius



**Shrugs**  
Both Arms



**Shrugs**  
Single Arm



## Arm Muscles

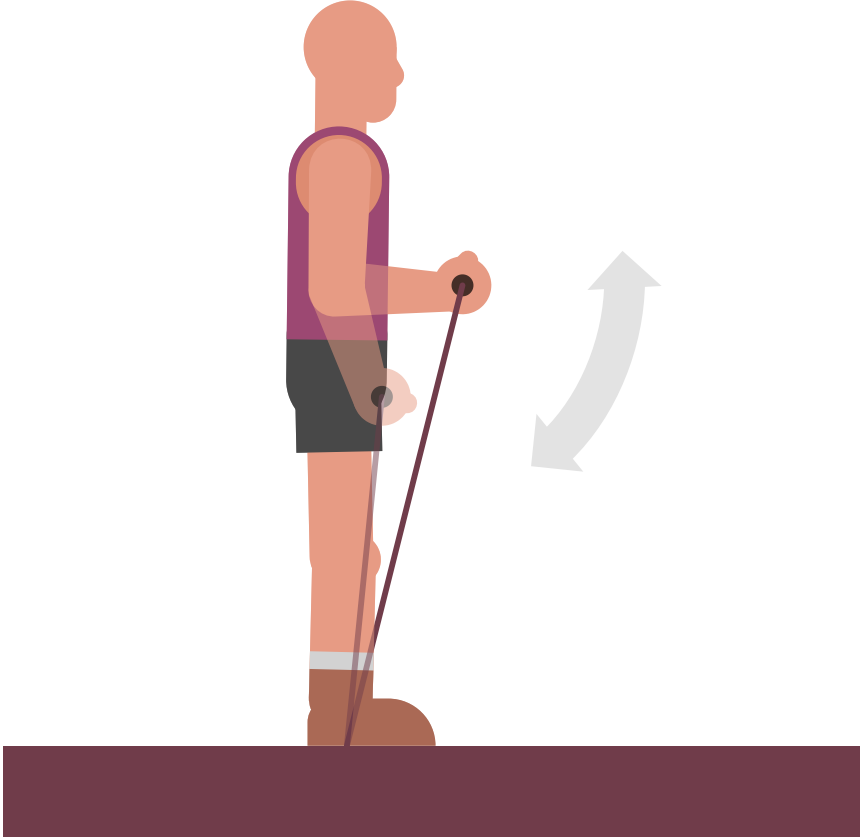


# Biceps Curls

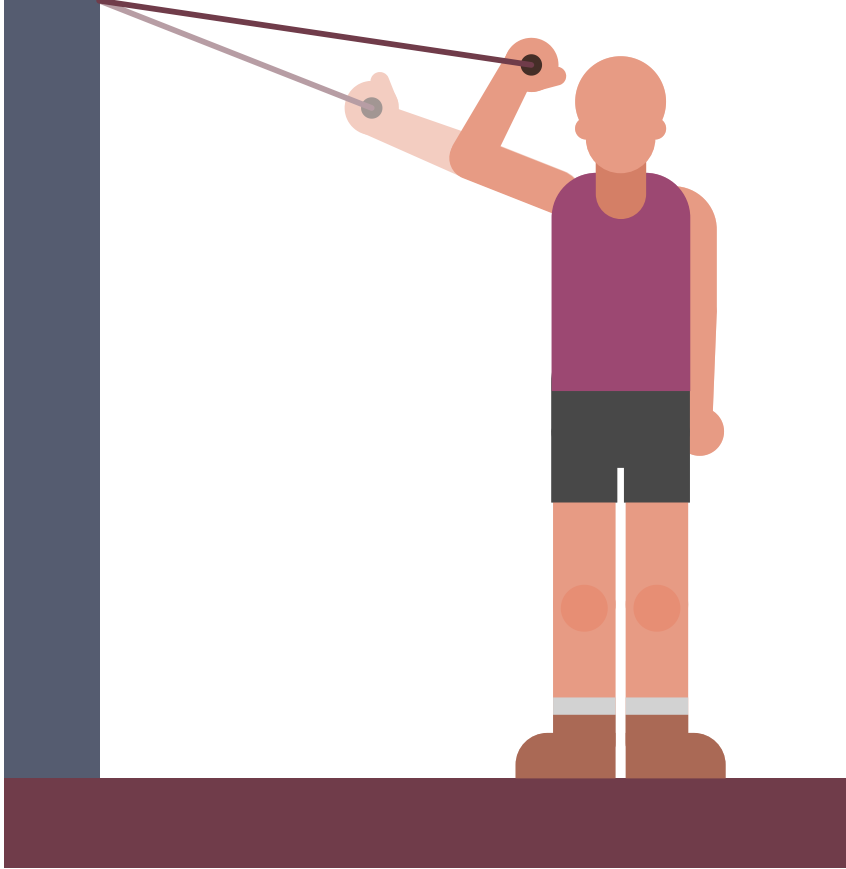
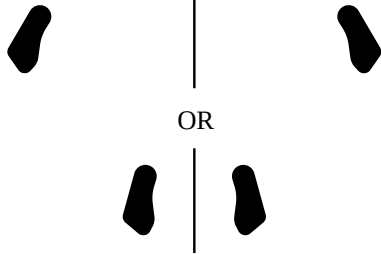
**TARGET MUSCLE:**

**Primary Muscle:** Biceps

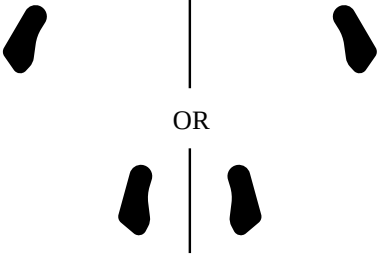
**Secondary Muscles:** Forearm



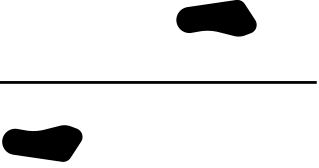
**Free Biceps Curls**  
Single or Both Arms



**One Arm Biceps Band Curls**  
Single Arm



**Biceps Curls**  
Single or Both Arms

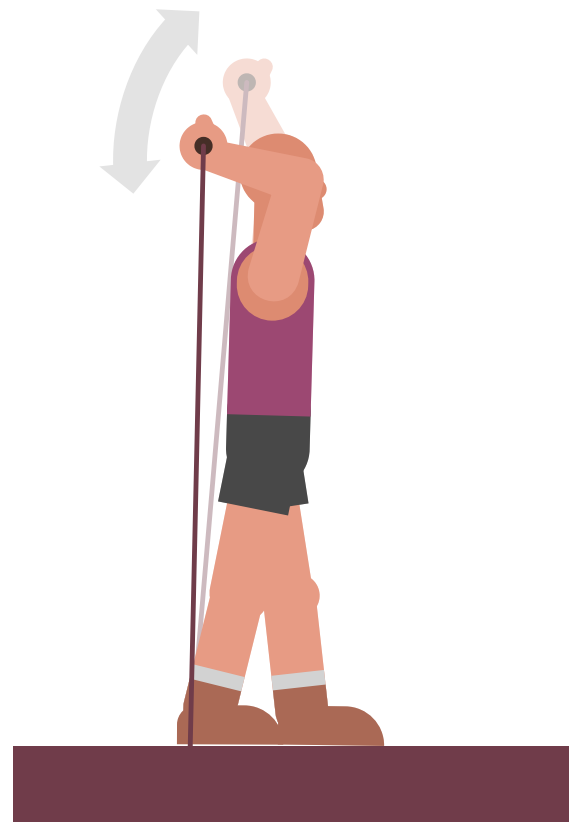


# Triceps Extensions

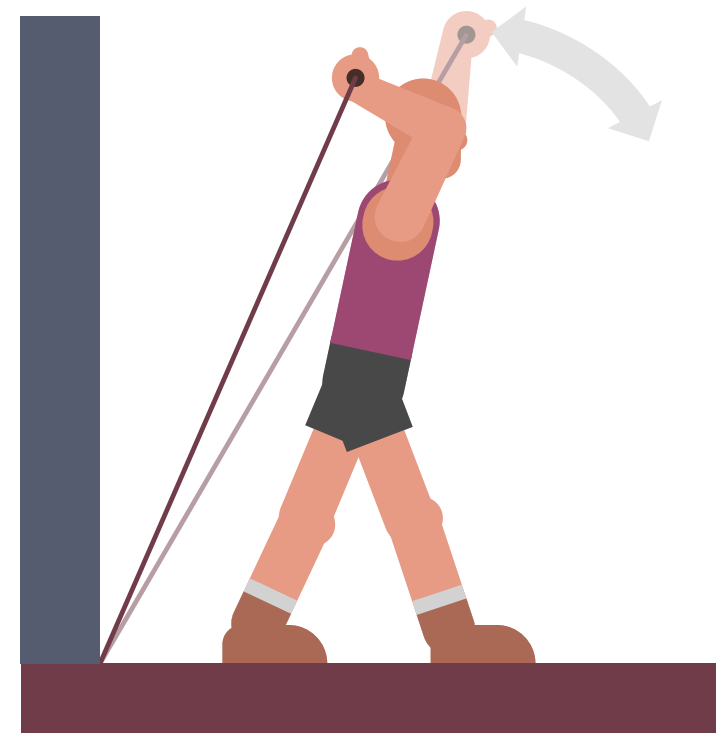
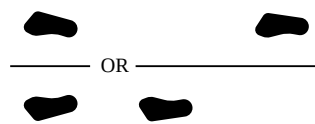
TARGET MUSCLE:

Primary Muscle: Triceps

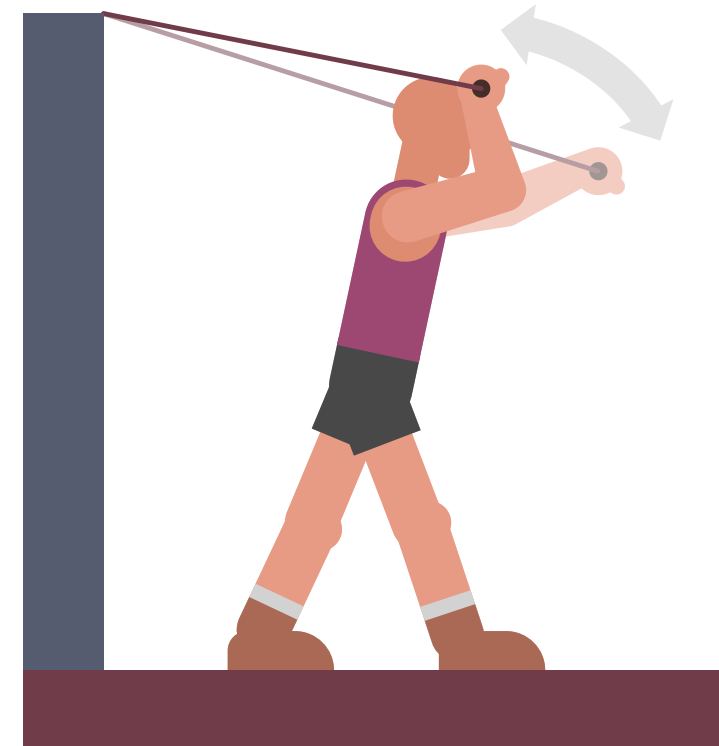
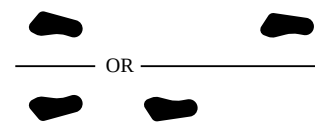
Secondary Muscles: Forearm



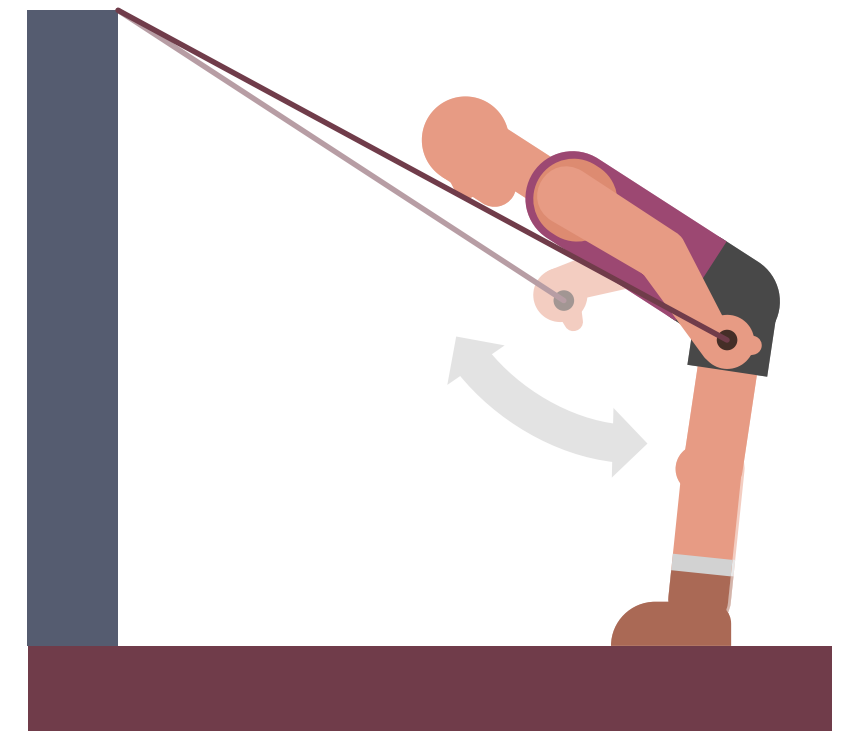
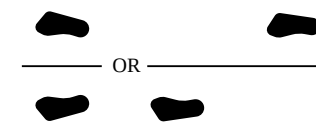
**Free Triceps Extensions**  
Single or Both Arms



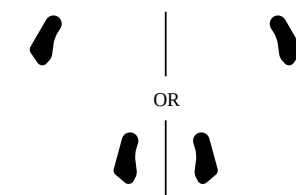
**Triceps Extensions**  
Single or Both Arms

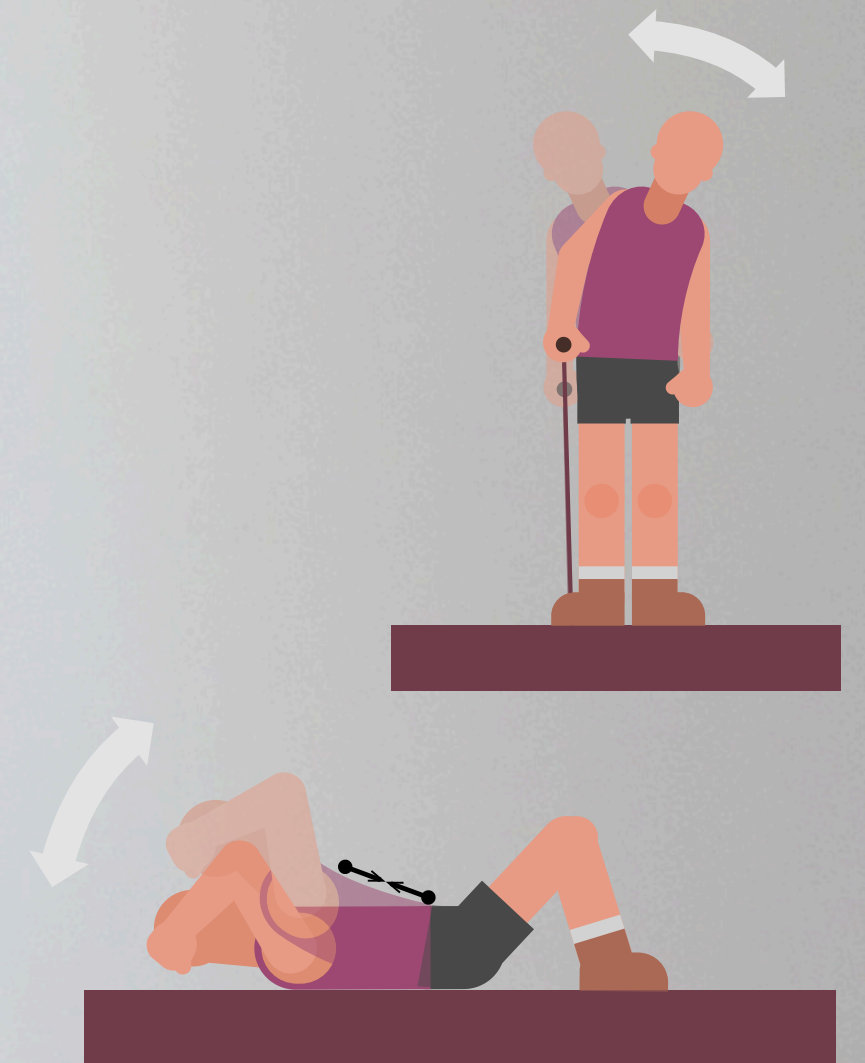


**Triceps Extensions**  
Single or Both Arms



**Triceps Extensions**  
Single or Both Arms





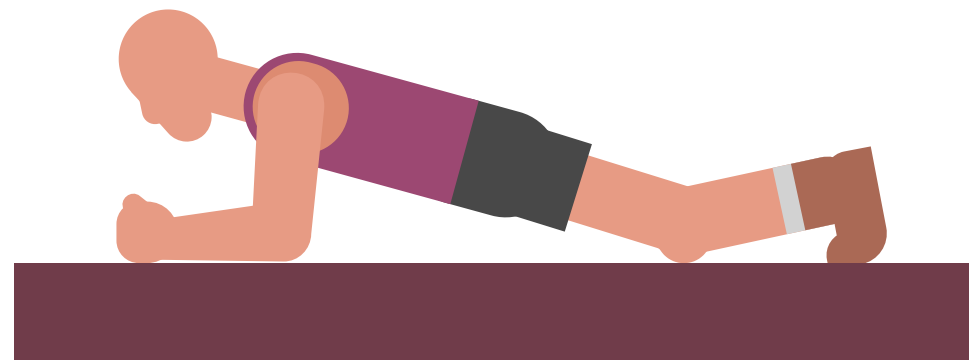
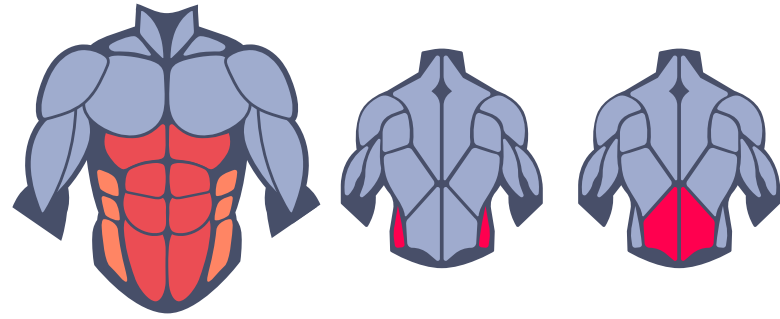
## Core Muscles



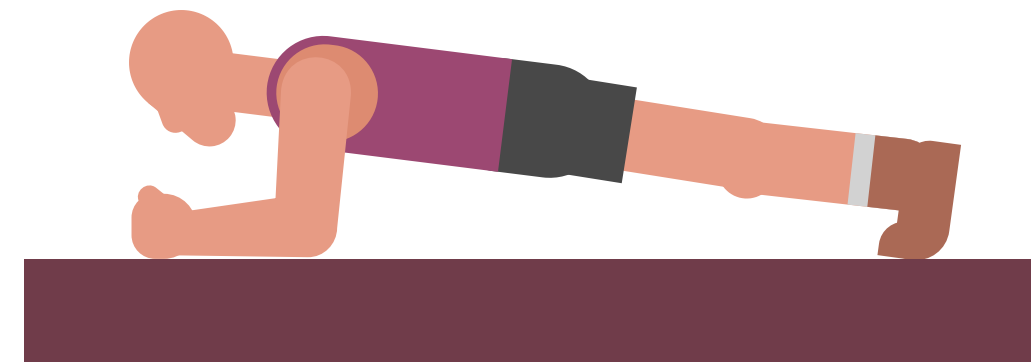
# Core Muscles

TARGET MUSCLE:

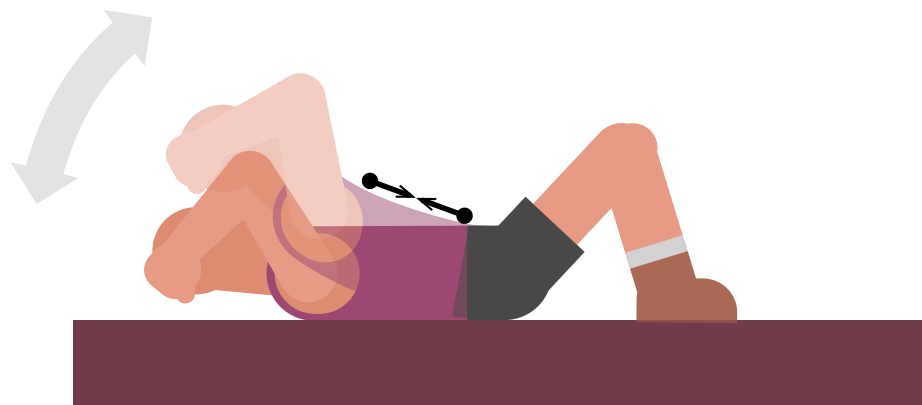
Primary Muscle: Abs - Sides



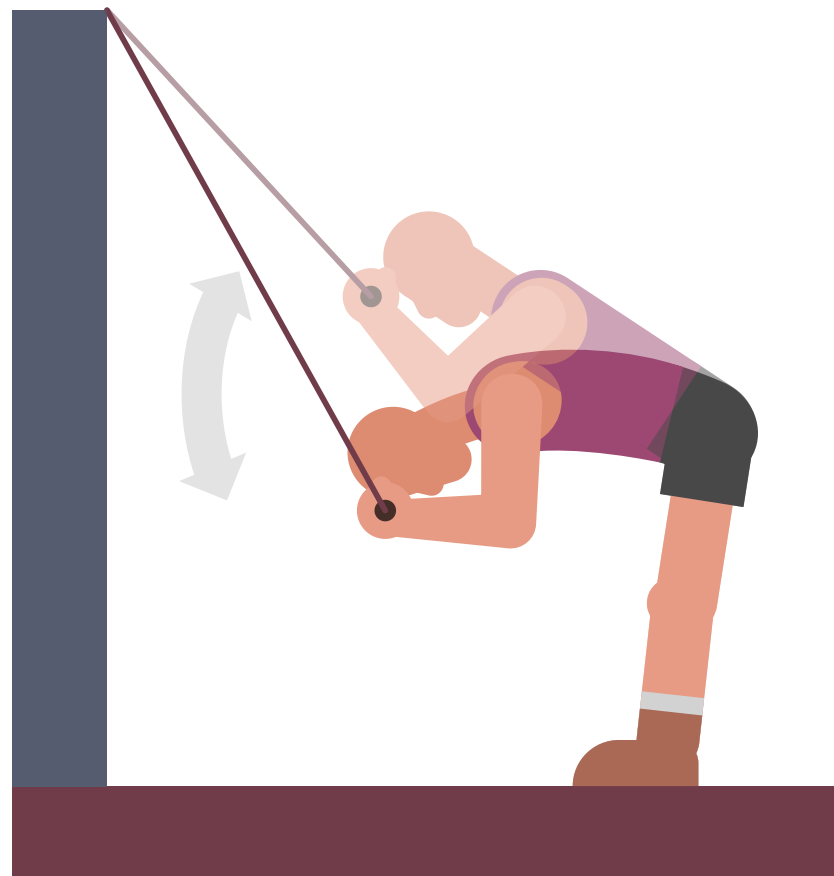
Knee Planks



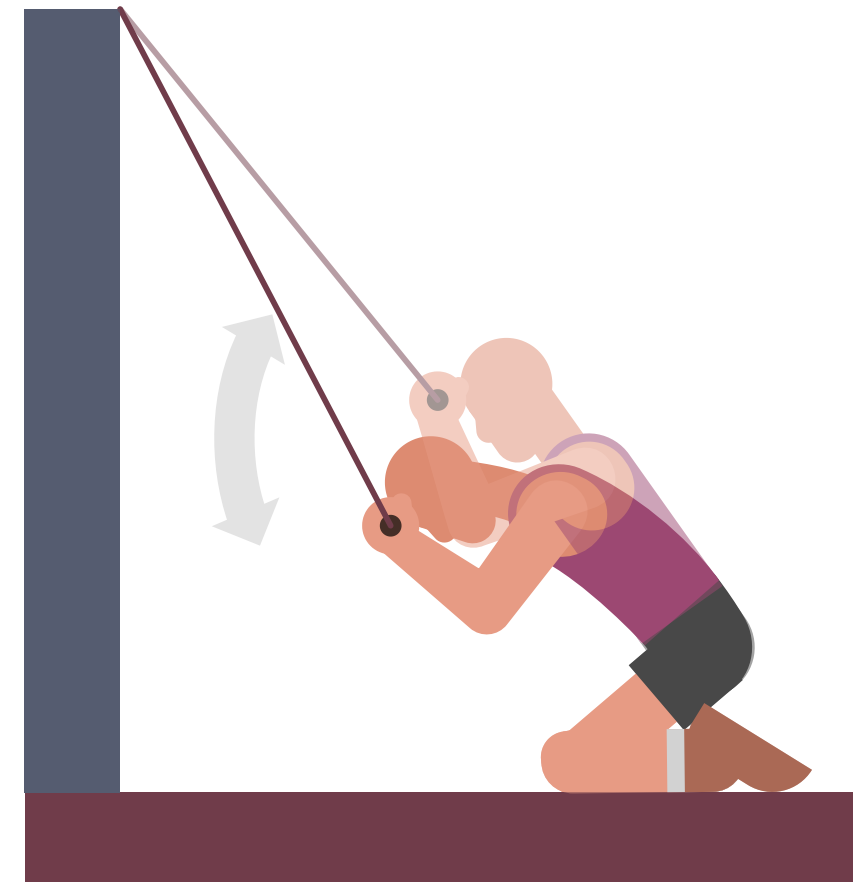
Planks



Crunches



Band Crunches

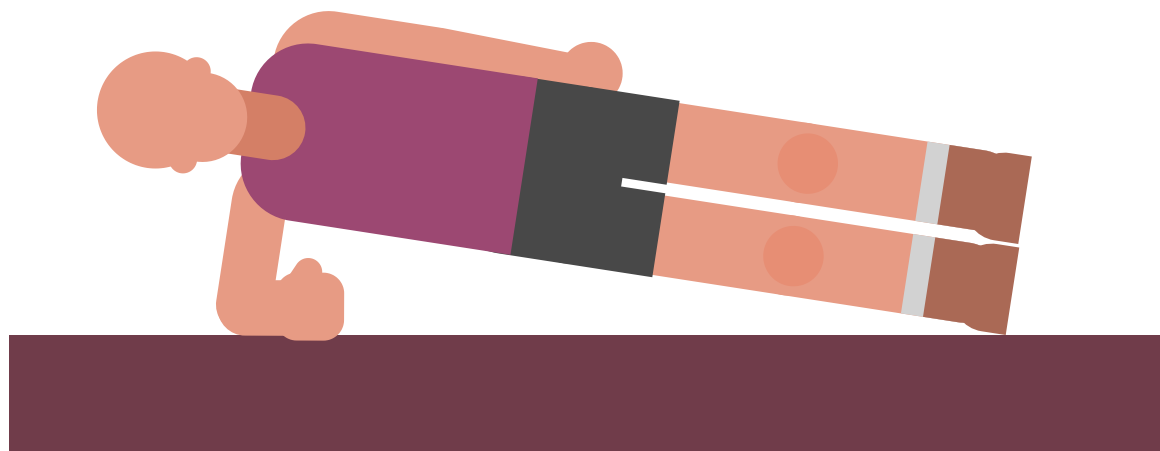
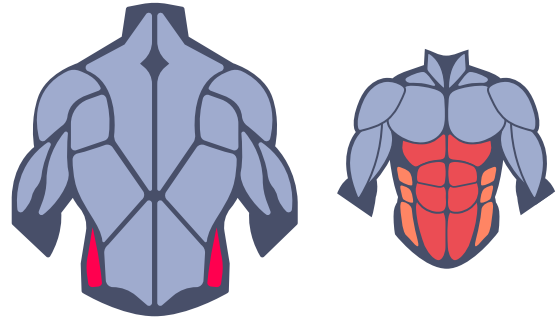


Seated Band Crunches

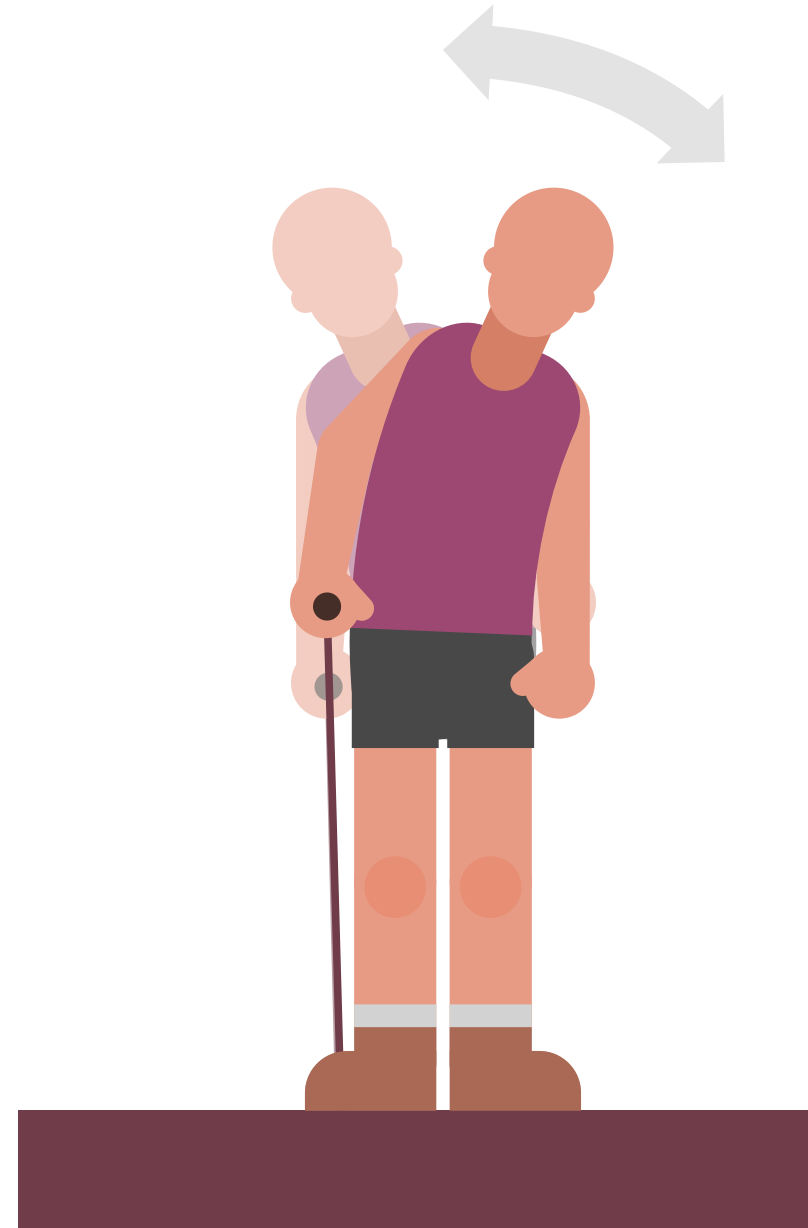
# Core Muscles

TARGET MUSCLE:

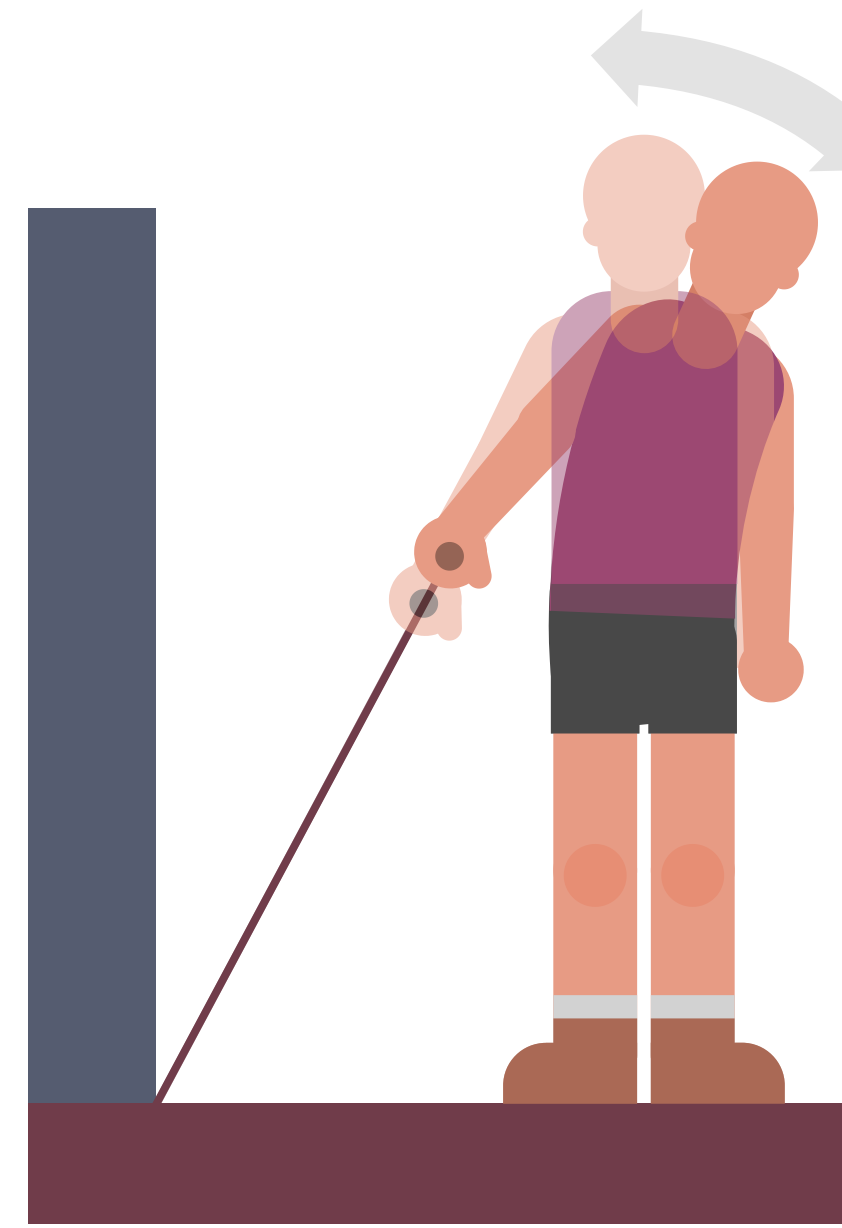
Primary Muscle: Abs - Sides



Free Planks

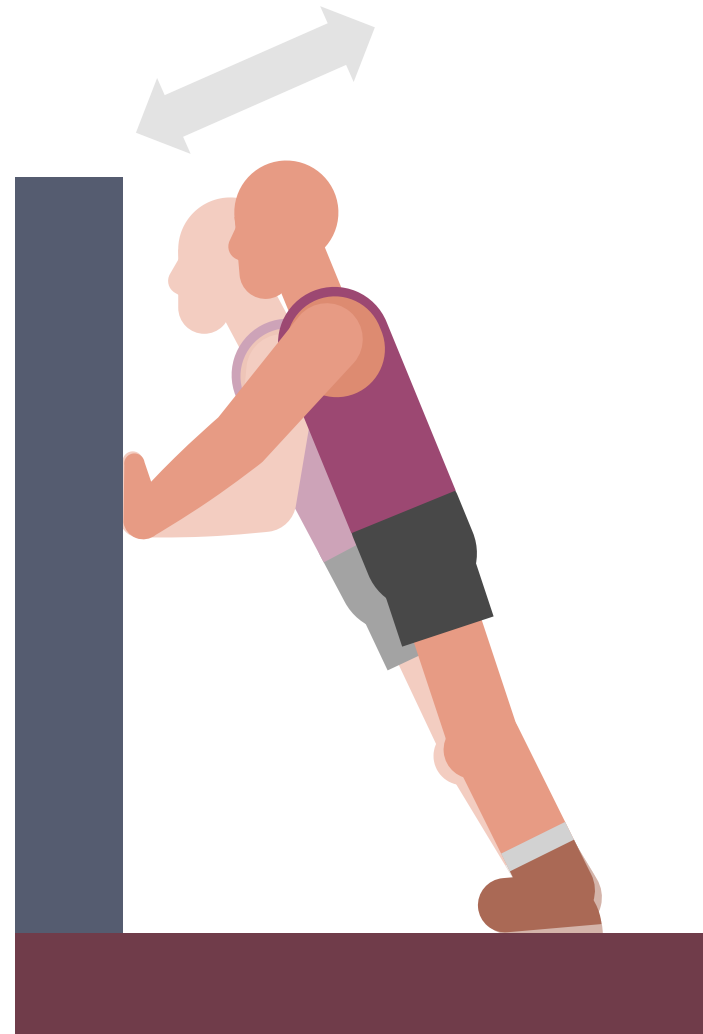


Free Lateral Abs  
Single Arm  
Loop or Handle Band



Lateral Abs  
Single Arm  
Loop or Handle Band

# WEEK 1

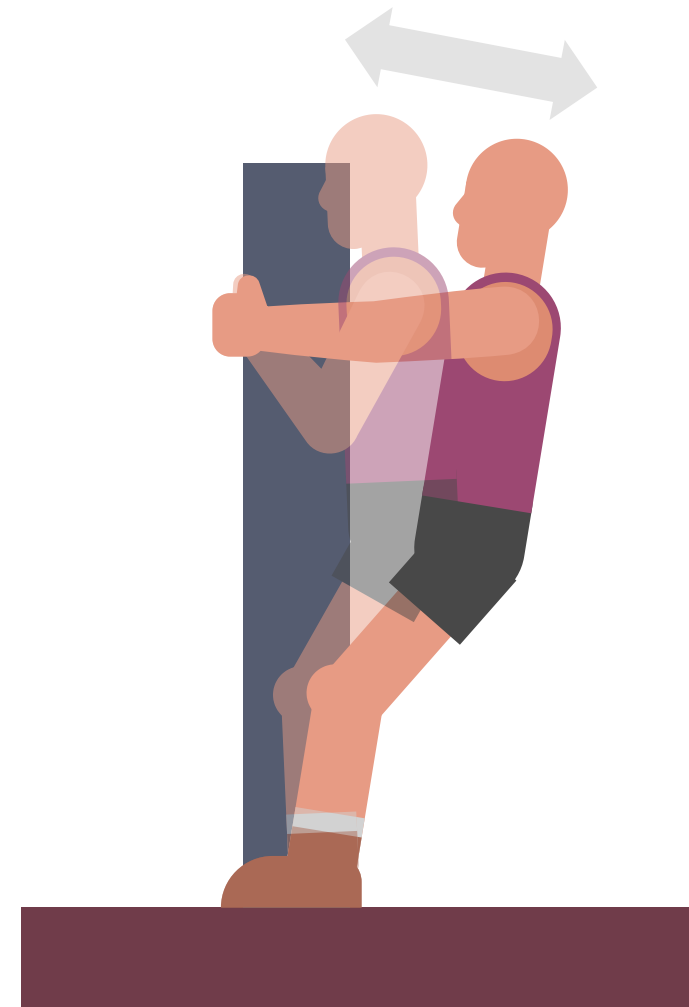


10 Wall Push-ups

(1 Set)

30-60 Sec.

Rest

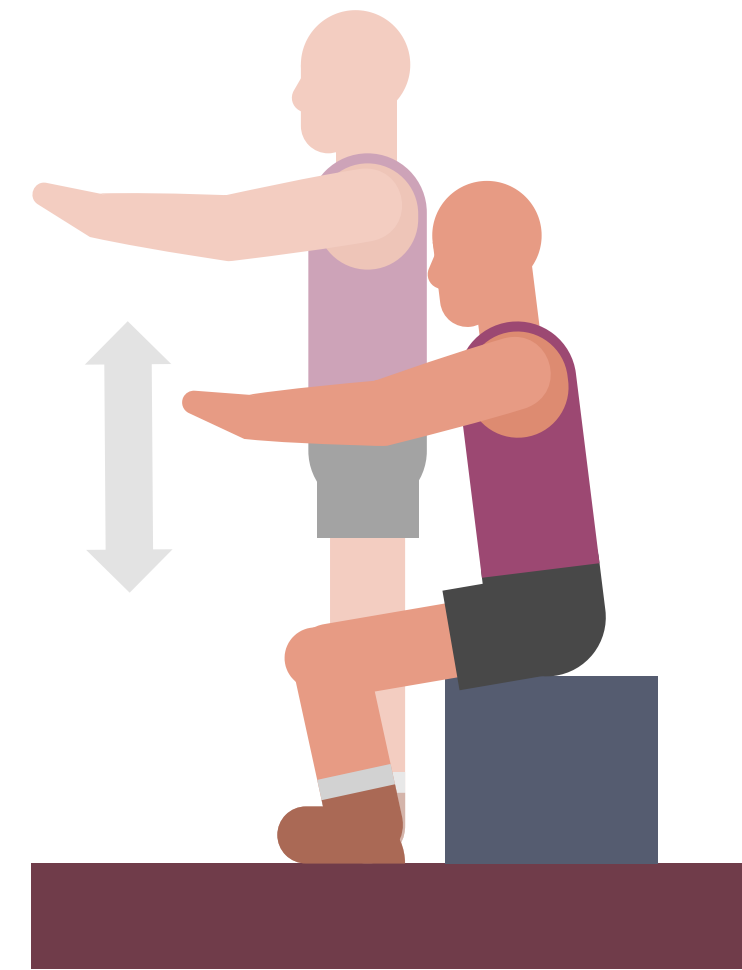


10 Door Pulls

(1 Set)

30-60 Sec.

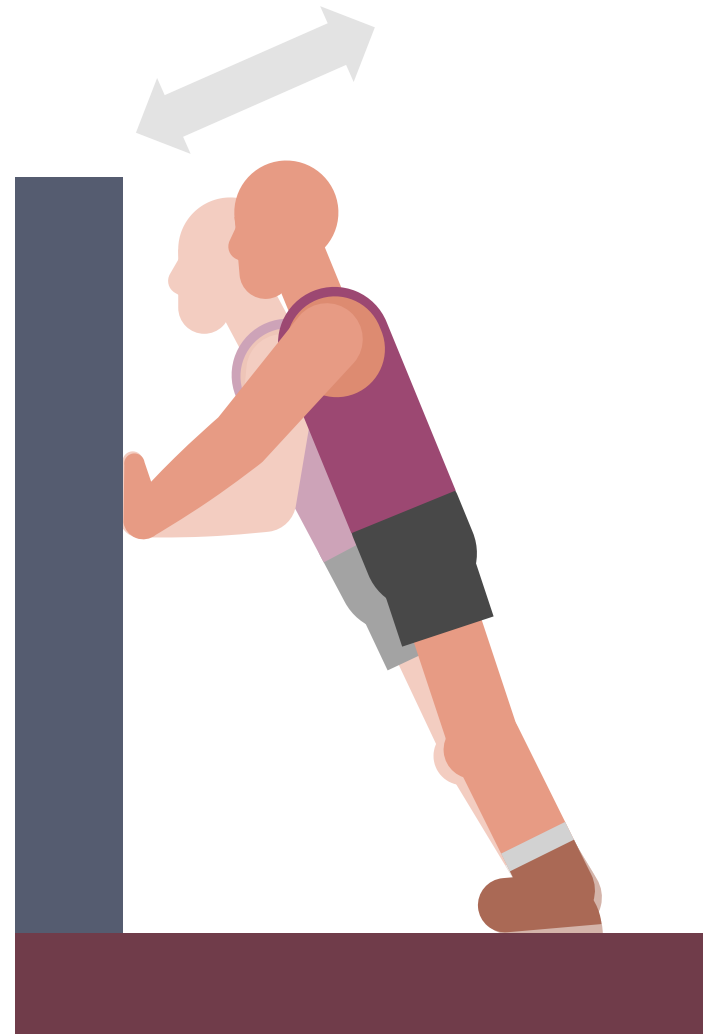
Rest



10 Bodyweight Squats

(1 Set)

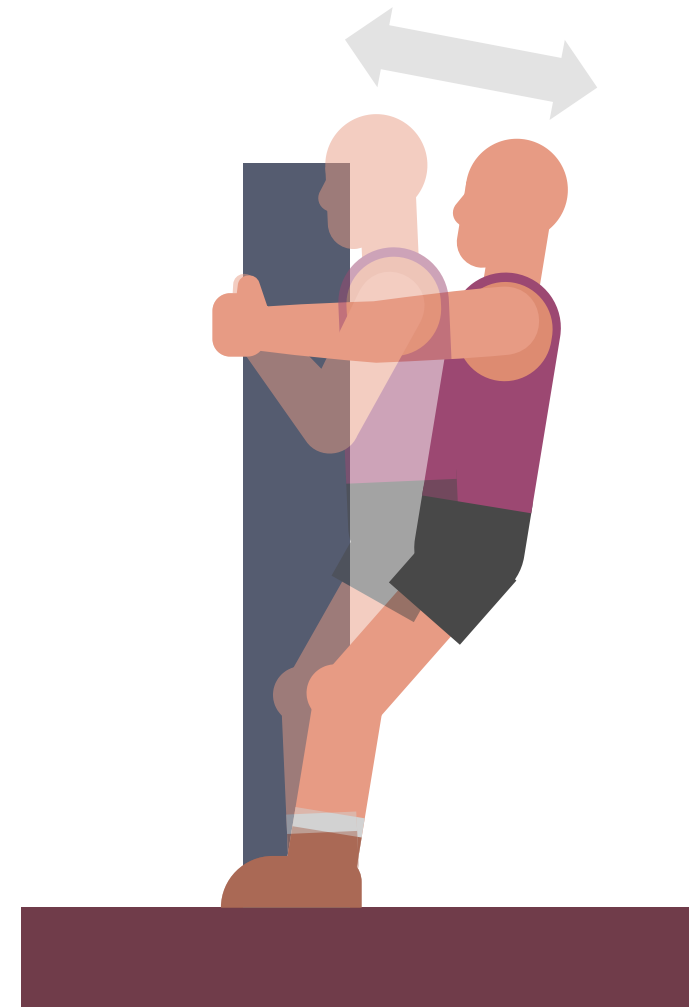
# WEEK 2



10 Wall Push-ups

(2 Sets)

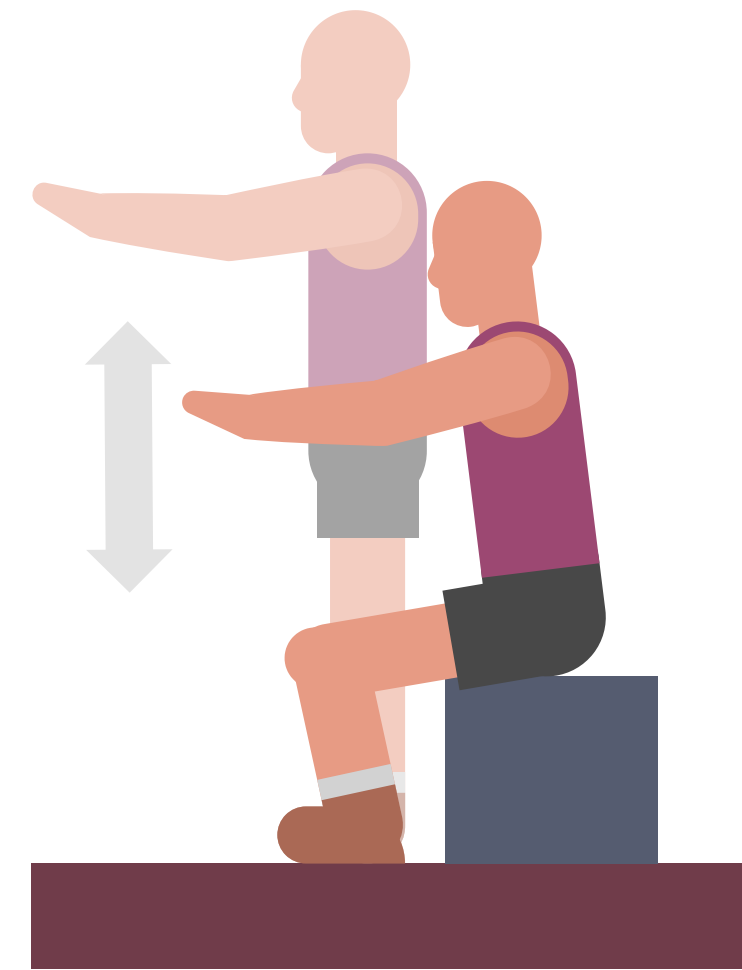
1 min.  
Rest



10 Door Pulls

(2 Sets)

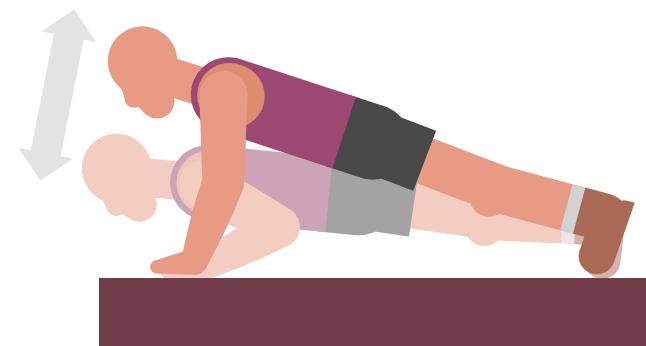
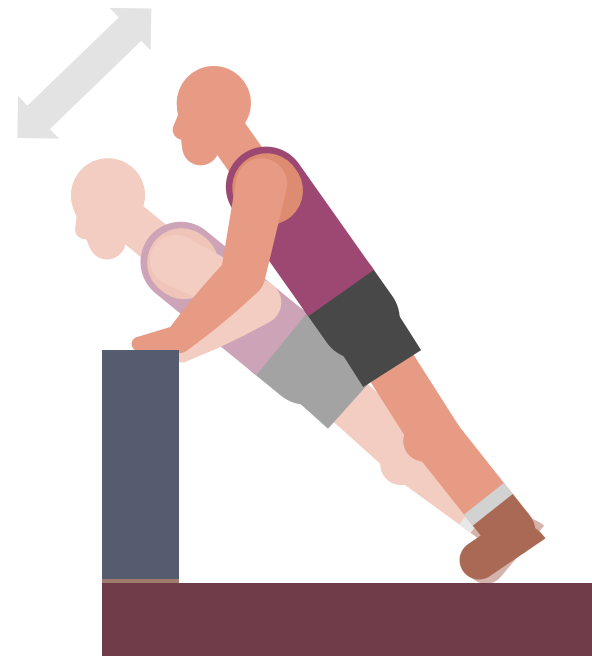
1 min.  
Rest



10 Bodyweight Squats

(2 Sets)

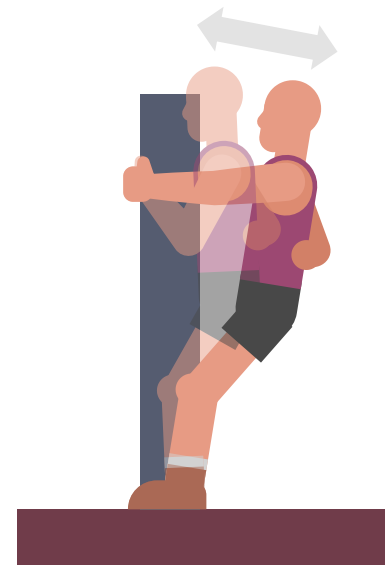
# WEEK 3



10 Wall Push-ups

(2 Sets)

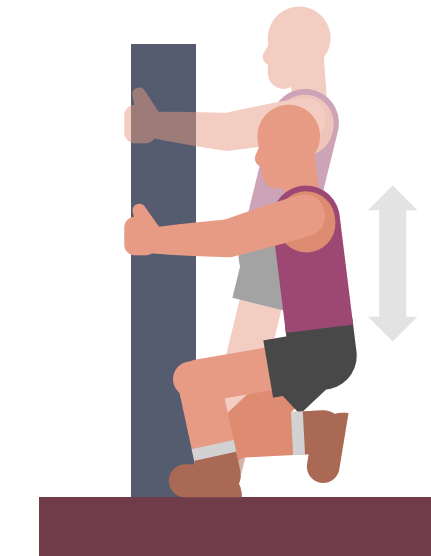
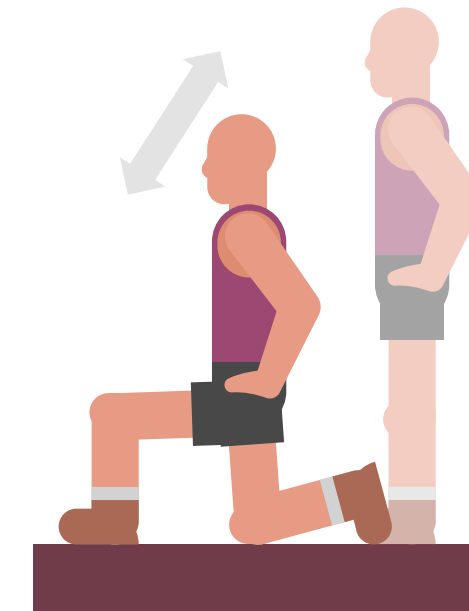
1 min.  
Rest



10 Door Pulls

(2 Sets)

1 min.  
Rest

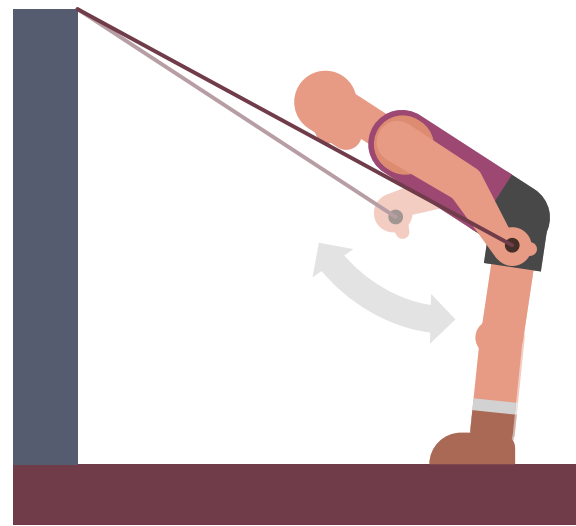


10 Bodyweight Squats

(2 Sets)

# FULL BODY

W O R K O U T



**Workout A**

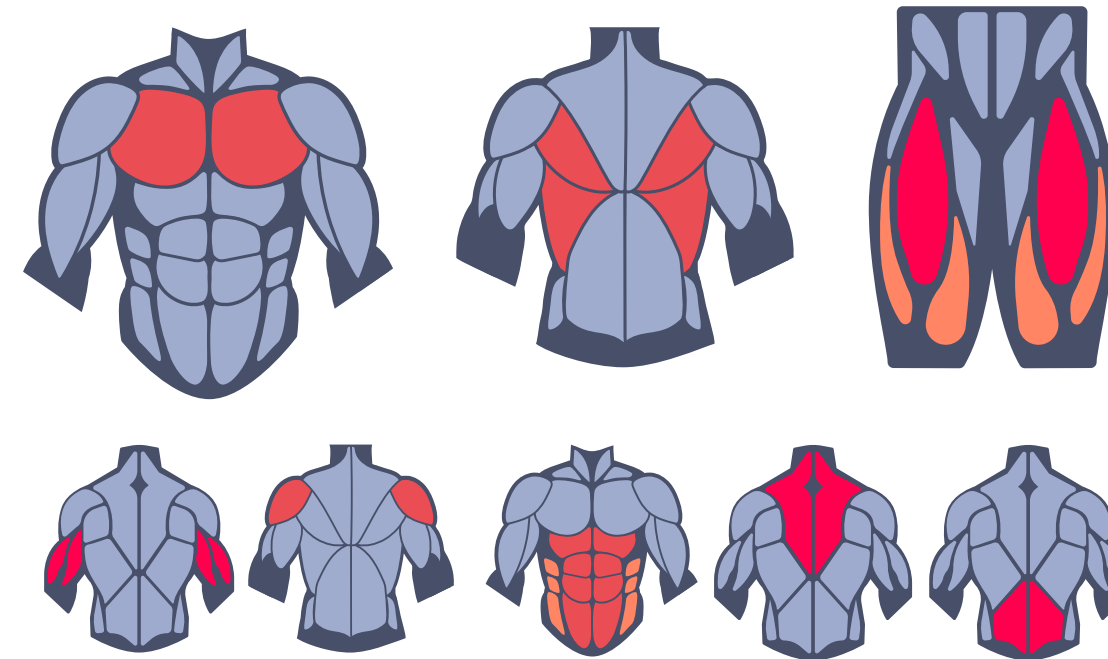
Above

**Workout B**

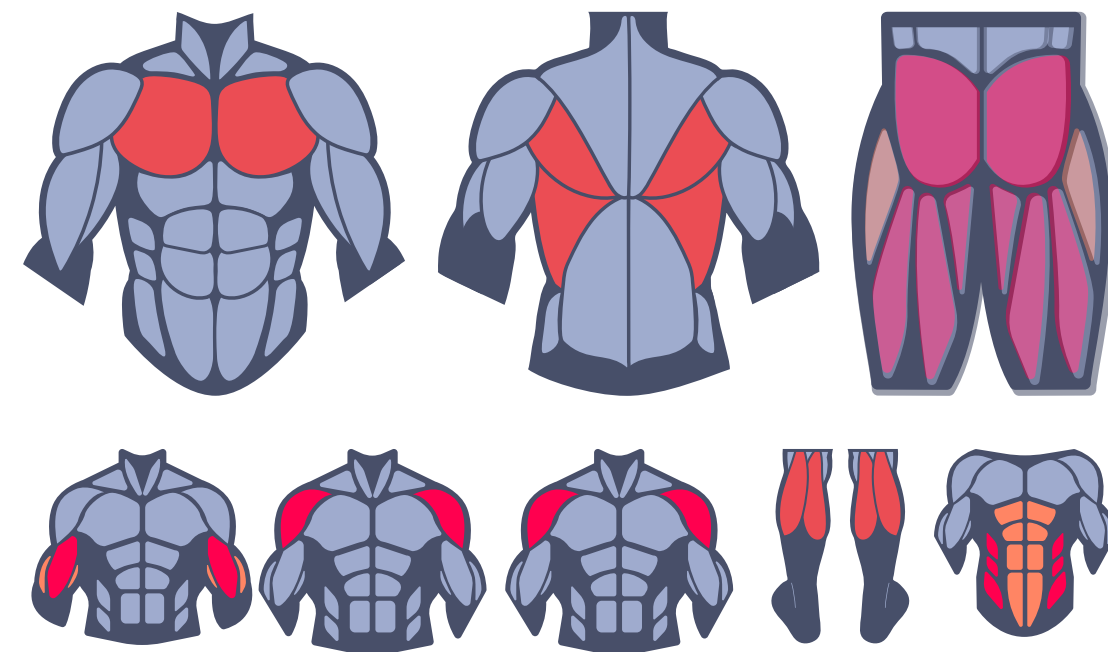
Below

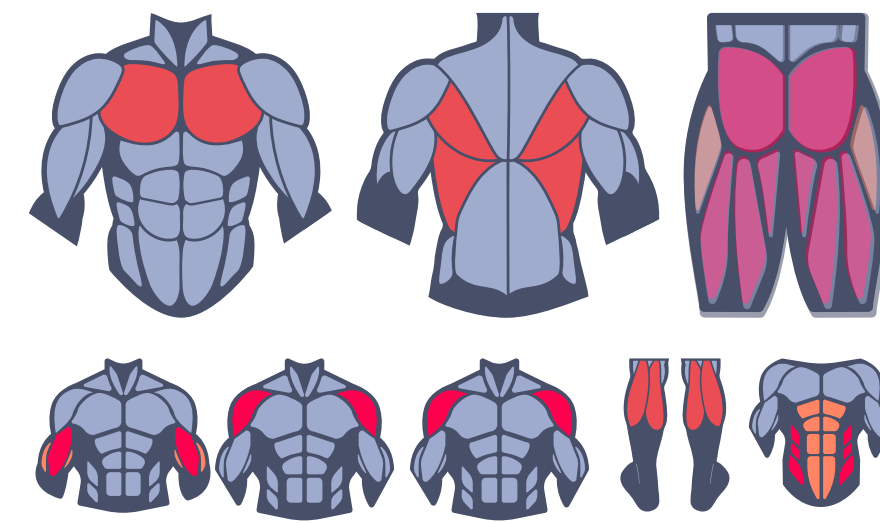


# Workout A



# Workout B





## Workout A

## Workout B

### Compound Exercises

**Chest (4\*10-12)**  
**Back (4\*10-12)**  
**Legs (4\*10-12)**

**Upper Chest (4\*10-12)**  
**Mid. Back (4\*10-12)**  
**Legs(4\*10-12)**

### Isolation Exercises

Triceps (3\*12-15)  
 Rear Delts (3\*12-15)  
 Abs (3\*12-15)  
 Traps (3\*12-15)  
 Lower back (3\*12-15)

Biceps (3\*12-15)  
 Lateral Delts (3\*12-15)  
 Front Delts (3\*12-15)  
 Calves (3\*12-15)  
 Lateral Abs (3\*12-15)

**WORKOUT DAYS**

and

**REST DAYS**

## 2 Days Resistance

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Workout A	Rest	Rest	Workout B	Rest	Rest

## 3 Days Resistance

### Week 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout A	Rest	Workout B	Rest	Workout A	Rest	Rest

### Week 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout B	Rest	Workout A	Rest	Workout B	Rest	Rest

Repeat 

## 2 Days Resistance and **LISS** Cardio Plan

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Workout A	Cardio	Rest	Workout B	Cardio	Rest

## 3 Days Resistance and Cardio Plan

### Week 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout A	Cardio	Workout B	Cardio	Workout A	Cardio	Rest

### Week 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout B	Cardio	Workout A	Cardio	Workout B	Cardio	Rest

Repeat 

# 6 Days Resistance

## Week 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout <b>A</b> <i>Compound</i>	Workout <b>A</b> <i>Isolation</i>	Workout <b>B</b> <i>Compound</i>	Workout <b>B</b> <i>Isolation</i>	Workout <b>A</b> <i>Compound</i>	Workout <b>A</b> <i>Isolation</i>	Rest

## Week 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout <b>B</b> <i>Compound</i>	Workout <b>B</b> <i>Isolation</i>	Workout <b>A</b> <i>Compound</i>	Workout <b>A</b> <i>Isolation</i>	Workout <b>B</b> <i>Compound</i>	Workout <b>B</b> <i>Isolation</i>	Rest

Repeat 

# 6 Days Resistance and Cardio

## Week 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout <b>A</b> <i>Compound</i> + 15-30 min <i>Cardio</i>	Workout <b>A</b> <i>Isolation</i> + 15-30 min <i>Cardio</i>	Workout <b>B</b> <i>Compound</i> + 15-30 min <i>Cardio</i>	Workout <b>B</b> <i>Isolation</i> + 15-30 min <i>Cardio</i>	Workout <b>A</b> <i>Compound</i> + 15-30 min <i>Cardio</i>	Workout <b>A</b> <i>Isolation</i> + 15-30 min <i>Cardio</i>	Rest

## Week 2

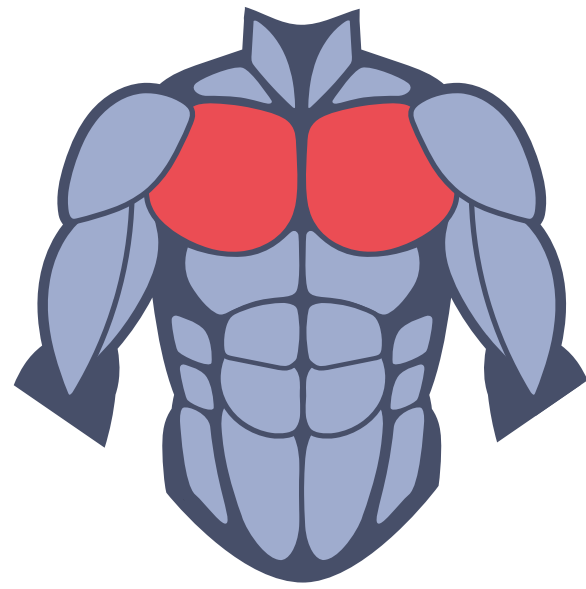
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout <b>B</b> <i>Compound</i> + 15-30 min <i>Cardio</i>	Workout <b>B</b> <i>Isolation</i> + 15-30 min <i>Cardio</i>	Workout <b>A</b> <i>Compound</i> + 15-30 min <i>Cardio</i>	Workout <b>A</b> <i>Isolation</i> + 15-30 min <i>Cardio</i>	Workout <b>B</b> <i>Compound</i> + 15-30 min <i>Cardio</i>	Workout <b>B</b> <i>Isolation</i> + 15-30 min <i>Cardio</i>	Rest

Repeat 

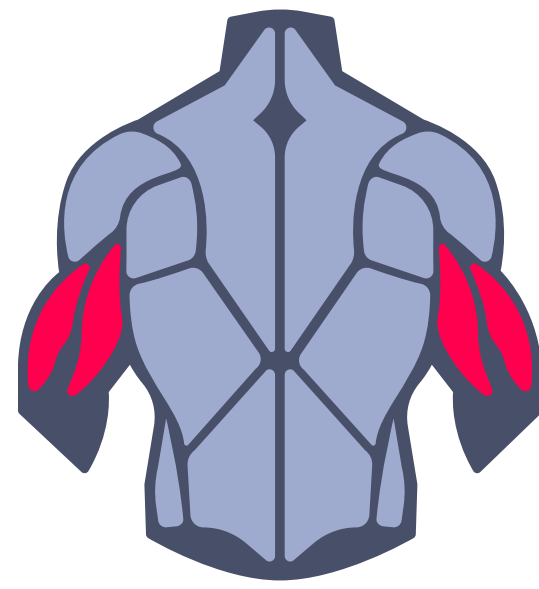
**P**USH **P**ULL **L**EGS

**PPL**

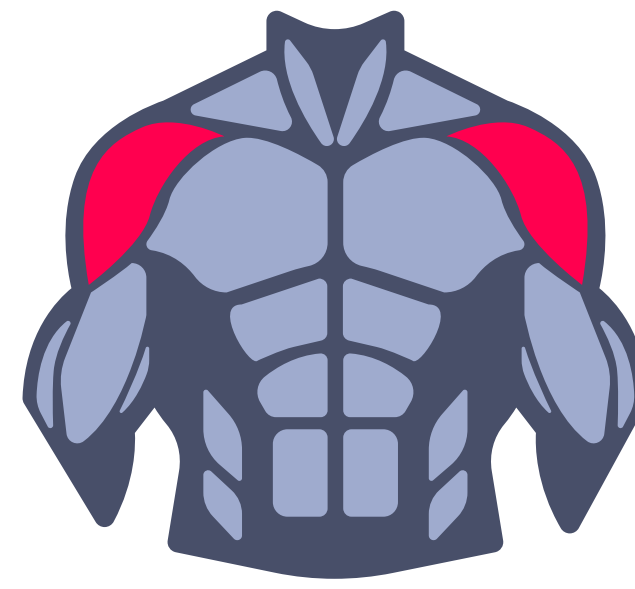
# PUSH



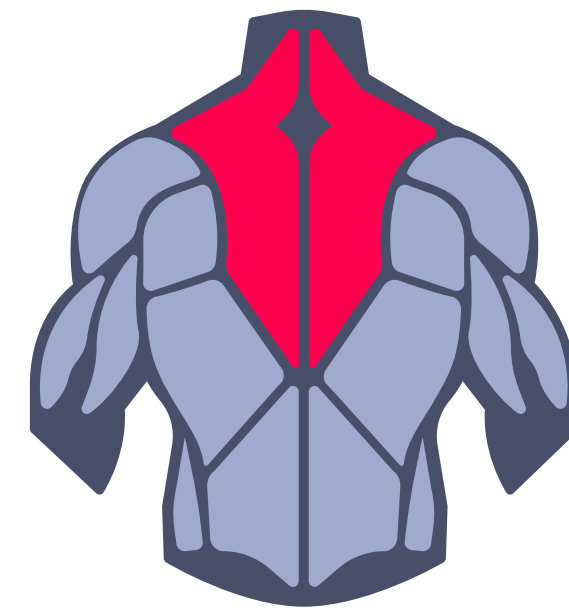
**Chest**



**Triceps**



**Front Deltoids**

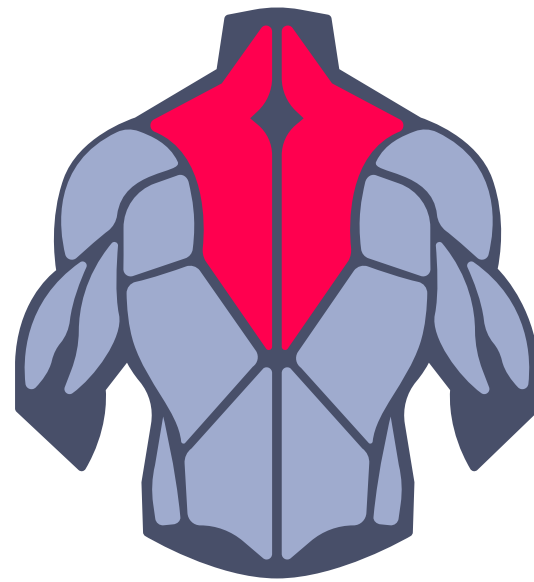


**Traps**

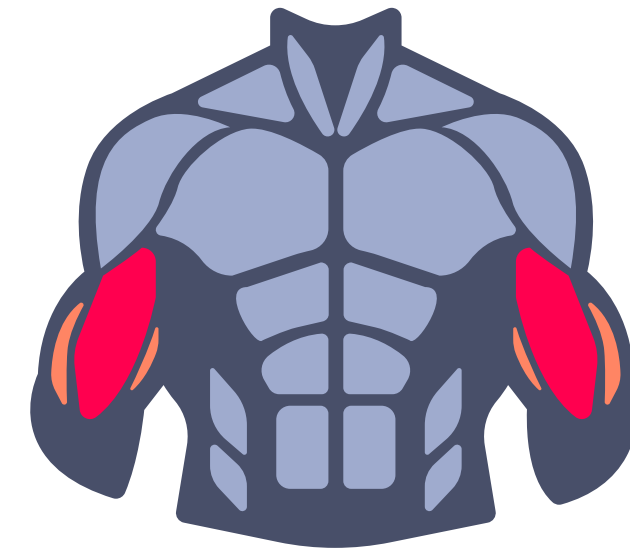
# PULL



**Back**

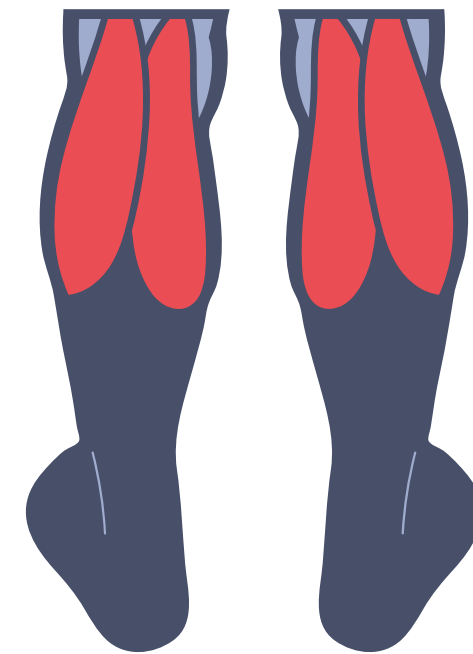
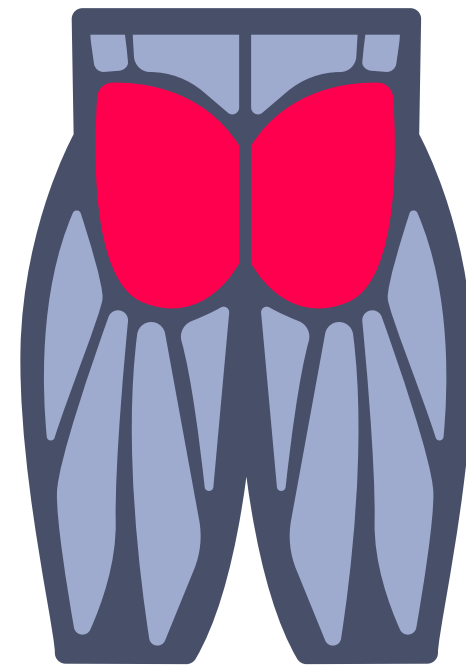
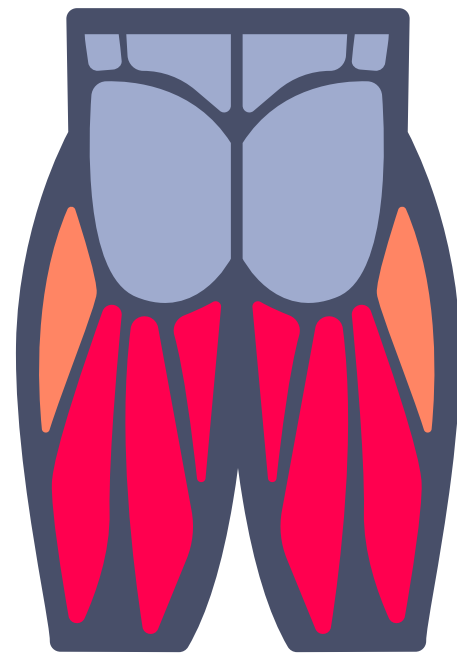


**Mid/Lower traps**



**Biceps**

# LEGS



# FULL BODY



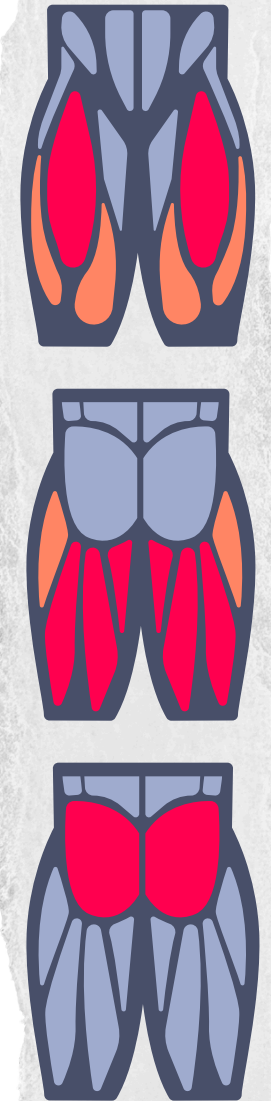
# PUSH



# PULL



# LEGS



### 3 Days Push Pull Legs (PPL)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>PUSH</b>	<i>Rest</i>	<b>PULL</b>	<i>Rest</i>	<b>LEGS</b>	<i>Rest</i>	<i>Rest</i>

### 6 Days Push Pull Legs (PPL)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>PUSH</b>	<b>PULL</b>	<b>LEGS</b>	<b>PUSH</b>	<b>PULL</b>	<b>LEGS</b>	<i>Rest</i>