

4 WEEK FULL BODY PROGRAM

FULL BODY WORKOUT

COMPLETE FULL BODY TRAINING PROGRAM

Exercise-only edition using the approved Salem Hassan master design.

14 EXERCISES • SETS • REPS • VIDEO LINKS



EXERCISE-ONLY EDITION | CLICKABLE TECHNIQUE VIDEOS



SALEM HASSAN
FITNESS & NUTRITION



INSTAGRAM
salemhassann



WEBSITE
salemhassanfit.com

PROGRAM OVERVIEW

4 WEEK FULL BODY EXERCISE PROGRAM

WORKOUT STRUCTURE

1

WARM-UP

5–10 minutes easy cardio and joint mobility.

2

FULL BODY WORKOUT

Complete all 14 exercises in the listed order in one session.

3

REST & CONTROL

Use controlled technique and rest exactly as prescribed.

4

VIDEO SUPPORT

Click the play icon beside any exercise.

- Train the whole program as one full-body session.
- Start with upper-body compounds, then assistance work, then lower-body finishers.
- Keep the prescribed 3 sets and rep structure for each movement.
- Focus on quality form, full range of motion, and steady progression.



TRAINING RULE: Complete the entire full body workout in one day and use the video links whenever you need a technique demonstration.



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FULL BODY WORKOUT

FULL BODY FOCUS

- Train all major muscle groups in one session.
- Use controlled repetitions through a full range.
- Follow the listed exercise order and click the video icons for guidance.

EXERCISE	SETS	REPS	REST	VIDEO
1 Lat Pulldown	3	12-10-8	20-30-40 sec	
2 Dumbbell Press	3	12-10-8	20-30-40 sec	
3 Seated Row	3	12-10-8	20-30-40 sec	
4 Incline Dumbbell Press	3	12-10-8	20-30-40 sec	
5 Barbell Press	3	12-10-8	20-30-40 sec	
6 Face Pull	3	12-10-8	20-30-40 sec	
7 Dumbbell Lateral Raise	3	12-10-8	20-30-40 sec	
8 Lat Pushdown	3	12-10-8	20-30-40 sec	
9 Barbell Curls	3	12-10-8	20-30-40 sec	
10 Incline Dumbbell Curls	3	12-10-8	20-30-40 sec	
11 Overhead Cable Triceps Extension	3	12-10-8	20-30-40 sec	
12 Seated Machine Calf Raise	3	15-15-15	20-30-40 sec	
13 Leg Extension	3	15-15-15	20-30-40 sec	
14 Seated Leg Curl	3	15-15-15	20-30-40 sec	

WEEKLY PROGRESSION 	WEEK 1	WEEK 2	WEEK 3	WEEK 4
	FORM Use moderate loads.	REPS Complete all reps.	LOAD Add weight if ready.	CONTROL Maintain clean form.



CLICK THE VIDEO ICON BESIDE EACH EXERCISE TO REVIEW PROPER TECHNIQUE.