

ADVANCE

Day: 1

Back	Sets	Reps
Pull Up	3	Failure
Dead Lift	4	12
Lat Pull Dn	3	12
B/O Row Bar	3	12
One Arm Row	3	12
Bar Shrugs	3	12
Rev Cable Fly	3	12
O/H D/B Ext	3	12
Lat Pull Dn (CG)	2	15

Day: 2

Chest/Biceps	Sets	Reps
Flat Bench Pr	4	10-12
Cable Crossover	3	12
Inc D/B Pr/Bar Pr	3	12
D/B Fly	3	12
D/B Pullover	3	12
Bar Curl	4	12
Cable Curl	3	12
Preacher Curl/Hammer Curl	3	12

Day: 4

Legs	Sets	Reps
Bar Squats	4	10-12
Leg Ext	4	15
Leg Pr	3	10-12
Leg Curl	4	12
Step Up (Weights)	4	12
Seated Calf	3	20
Standing Calf	3	15-20
Back Ext (M/C)	4	15

Day: 5

Shldr/Tri	Sets	Reps
Military Press	4	10-12
D/B Lat Raise	3	12
D/B Front Raise	3	12
D/B O/H Pr	3	12
Rev Cable	3	12
Cable Ext	4	12
O/H Cable Ext	3	12
Triceps Dips	3	15

Day: 3,6

Cardio/Functional/Abs	Sets	Reps
Hanging On Monkey Bar	5	20 sec
Jumping Jack	5	1 min
Mountain Climbers	5	1 min
Burpees	5	30 reps

ABS:

Floor Crunches (20 sec x 5)

Rev Crunches (20 sec x 5)

Planks (40 sec x 3)

P.S: Please eat before a workout & Keep yourself-hydrated at all times.

Warm up 10min before your workout.

Please Stretch after your workout If you feel dizzy please discontinue the fitness program.