

Strength training for full gym equipment - Advanced

	Exercises		REPS/ WEIGHT				
Day 1- ANTERIOR LEGS	A1	Barbell Squats	15	12	10	10	8
	B1	High step-ups*2	10	10	10	10	
	B2	Walking lunges*2	10	10	10	10	
	B3	Curtsy lunge*2	10	10	10	10	
	B4	Lying leg press (narrow)	20	20	20	20	
	C1	Finisher: 1 min x 10 stations	-	-	-	-	-
Day 2- CHEST/ BACK	A1	Bent over row	12	12	12	12	
	A2	Closed grip cable row	12	12	12	12	
	A3	Lat pull down	12	12	12	12	
	B1	DB chest press	12	12	12		
	B2	Push-up	12	12	12		
	B3	Incline fly	12	12	12		
Day 3- SPRINT INTERVALS (45min) + ABS (10min)							
Day 4- POSTERIOR LEGS	A1	Barbell Deadlift	15	12	10	10	8
	B1	Dumbbell Romanian deadlift	15	12	12	10	
	B2	Prone falls	10	10	10	10	
	B3	Split squat w TRX*2	10	10	10	10	
	B4	Leg curl machine	10	10	10	10	
	C1	Finisher: 1 min x 10 stations	-	-	-	-	-
Day 5- BACK/ ARMS/ SHOULDERS	A1	Single arm row (L/R/L)	12	12	12		
	A2	TRX row	12	12	12		
	A3	Arch-ups	12	12	12		
	B1	DB shoulder press	12	12	12		
	B2	Standing lateral raise	20	20	20		
	B3	Ts and Ys	10	10	10		
	C1	Chin-ups	5	6	7		
	C2	Dive bombers	6	8	10		
	C3	Plank to push-up	1min	1min	1min		
Day 6- SPRINT INTERVALS (45min) + ABS (10min)							

Other

Notes