

Advance Beginner

Let's just face it some beginners have a gift being a quick learner. The beginners who are ready to update and change their routine, look no farther. Below your Strength progression will have cardio, abdominal, and a 4 Day Strength Training Program of basic fundamental exercises. You will find 4 workout routines targeting the Front and the other targeting the Back. Each workout provides 4 Exercises for 3 - 4 Weeks to enhance your body to the next level. After each day of a workout routine, allow 48 hours to recover before the next workout routine. If you are just beginning to train it is highly recommended to start with lightweight and slowly increase weight.

If needed, before attempting the exercises click the Training Title for all exercises. By clicking the selected exercise will present an example video for proper form and tips. If you are not able to view, check with a trainer at your facility for form and safety. Below your training program are quick guides of the **nutritional experience, nutritional tips and supplement advice** used toward this routine.

Workout Outline	
Weeks	3-4 Weeks
Days	4 Days Per Week
Workouts	4 Workouts
Equipment	Dumbbells Cables Machines
Exercises	4 Exercises Per Workout
Recovery	24 - 48 Hour For Previous Trained Muscle
Level of intensity	1 - 6
Objective	Proper Mechanics General Health Muscular Strength Physique Development

Cardio	
Equipment	Time
Any Cardio Machine	12 - 15 minutes

Stretch
Daily Stretches

Core			
Exercise	Sets	Time	Rest
Side Planks	4	45s - 1 minute	30 seconds
Front Plank	4	45s - 1 minute	30 seconds

Workout 1A: Upper Front			
Exercises	Sets	Repetitions	Rest
Dumbbell Lateral Raises	4	10 - 12	30 - 45 seconds
Dumbbell Bench Press	4	8 - 10	1 minute +
Dumbbell Hammer Curls	4	10 - 12	30 - 45 seconds
Ez Bar Curls	4	10 - 12	30 - 45 seconds

Cardio	
Equipment	Time
Any Cardio Machine	12 - 15 minutes

Stretch
Daily Stretches

Abdominal			
Exercise	Sets	Repetitions	Rest
Crunches	4	20 - 25	30 seconds
Crossover Crunch	4	20 - 25	30 seconds
Leg Raises	4	20 - 25	30 seconds

Workout 2B: Lower Back			
Exercises	Sets	Repetitions	Rest
Seated Calf Raises	4	10 - 12	30 - 45 seconds
Machine Abductors	4	10 - 12	30 - 45 seconds
Dumbbell Stiff Leg Deadlifts	4	8 - 10	1 minute +
Lying Leg Curls	4	8 - 10	1 minute +

Cardio	
Equipment	Time
Any Cardio Machine	12 - 15 minutes

Stretch
Daily Stretches

Core			
Exercise	Sets	Time	Rest
Side Planks	4	45s - 1 minute	30 seconds
Front Plank	4	45s - 1 minute	30 seconds

Workout 3A: Lower Front			
Exercises	Sets	Repetitions	Rest
Leg Extensions	4	10 - 12	30 - 45 seconds
Goblet Squats	4	8 - 10	1 minute +
Leg Press	4	10 - 12	30 - 45 seconds
Dumbbell Lunges	4	10 - 12	30 - 45 seconds

Cardio	
Equipment	Time
Any Cardio Machine	12 - 15 minutes

Stretch
Daily Stretches

Abdominal			
Exercise	Sets	Repetitions	Rest
Crunches	4	20 - 25	30 seconds
Crossover Crunch	4	20 - 25	30 seconds
Leg Raises	4	20 - 25	30 seconds

Workout 4B: Upper Back			
Exercises	Sets	Repetitions	Rest
Machine Hammer Rows	4	10 - 12	30 - 45 seconds
Cable Bar Press Downs	4	10 - 12	30 - 45 seconds
Dumbbell Rows	4	8 - 10	1 minute +
Pull Ups	4	8 - 10	1 minute +

Nutritional Experience

While training for strength your nutritional plan will have a major role for recovery, development and performance.

- Explore Plans
- Balanced /Flexible Plan(recommend)
 - Plan 1
 - Plan 2
 - Plan 3

Nutritional Tips

It is very common as you train to forget the essentials of keeping the body fully functional.

- Explore Tips
- Healthy foods may be junk
- Hidden Sugars
- All Greens Matter
- Nutritional Timing
 - Reducing Body Fat(Lose Weight)???
 - Gaining Muscle Mass???

Supplement Advice

If you are able to get most of the supplements from your foods it is highly encourage. If not, here are some recommendations.

- Battle Of The Brands
- Protein
 - Whey Protein
 - Casein Protein
- Vitamins
 - All vitamins