

Advance Training

There is no better way than beginning your new lifestyle having a stronger life then applying the basics. Your training routine consist of cardio, abdominal, and a 3 Day Strength Training Program of high impact exercises designed for those that are familiar with training and looking to update their training program. Below you will find 3 workout routines targeting all areas of your body. Each workout provides 5 Exercises for 3 - 4 Weeks to enhance your body's performance. After each day of a workout routine, allow 48 hours to recover before the next training program routine. It's 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	3 Days Per Week
Workouts	2 (Front & Back)
Equipment	Barbell Dumbbells Cables Plated loading Machine
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 1: Shoulders/Legs			
Exercises	Sets	Repetitions	Rest
Rear Dumbbell Deltoid Flies	4	12, 12, 10, 8	30 - 45 seconds
Leg Extensions	4	12, 12, 10, 8	30 - 45 seconds
Seated Barbell Shoulder Press	4	8 - 10	1 minute
Barbell Back Squats	4	8 - 10	1 minute
Dumbbell Lunges(Each Leg)	4	12, 12, 10, 8	30 - 45 seconds

Cardio	
Equipment	Time
Any Cardio Machine	12 - 15 minutes

Stretch
Daily Stretches

Abdominal			
Exercise	Sets	Repetitions	Rest
Toes To Bar	4	10 - 15	30 seconds
Diamond Sit ups	4	15 - 20	30 seconds

Workout 2: Back/Biceps			
Exercises	Sets	Repetitions	Rest
Weighted wide Grip Pull Ups	4	12, 12, 10, 8	30 - 45 seconds
Barbell Rack Pull	4	8 - 10	1 minute
Barbell Curls	4	8 - 10	1 minute
Dumbbell Rows	4	12, 12, 10, 8	30 - 45 seconds
Alternating Hammer Curls	4	12, 12, 10, 8	30 - 45 seconds

Cardio	
Equipment	Time
Any Cardio Machine	12 - 15 minutes

Stretch
Daily Stretches

Core Cardio			
Exercise	Sets	Time	Rest
Russian Twist	4	45s - 1 minute	30 seconds
Flutter Kicks	4	45s - 1 minute	30 seconds
Mountain Climbers	4	45s - 1 minute	30 seconds

Workout 3: Chest/Triceps			
Exercises	Sets	Repetitions	Rest
Weight Push Ups	4	12, 12, 10, 8	30 - 45 seconds
Barbell Incline Bench Press	4	8 - 10	1 minute
Rope Extensions	4	12, 12, 10, 8	30 - 45 seconds
Dumbbell Bench Press	4	12, 12, 10, 8	30 - 45 seconds
Ez Bar Tricep Press	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
- 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.

- Protein
 - Whey Protein
 - Casein Protein
- Creatine
 - Creatine Monohydrate
- Vitamins
 - All vitamins