

## LifeHack

## Advanced Workout Routine for Men

#### Day 1: Chest & Back Workout

Barbell Bench Press: work 5 rep max today

Set 1 at 50% - aim for 1 set of 5 reps Set 2 at 60% - aim for 1 set of 5 reps Set 3 at 70% - aim for 1 set of 5 reps Set 4 at 80% - aim for 1 set of 5 reps Set 5 at 90% - aim for 1 set of 5 reps Set 5 at 100% - aim for 1 set of 5 reps

Incline Dumbbell Press aim for 3 sets of 6-8 reps

Dips aim for 3 sets of 6-10 reps

Pullups aim for 3 sets of 5-8 reps

Pendlay Rows aim for 3 sets of 6-10 reps

Pulldowns aim for 3 sets of 6-10 reps

#### Day 2: Legs Workout

Squats: work 5 rep max on day 2

Set 1 at 50% – aim for 1 set of 5 reps Set 2 at 60% – aim for 1 set of 5 reps Set 3 at 70% – aim for 1 set of 5 reps Set 4 at 80% – aim for 1 set of 5 reps Set 5 at 90% – aim for 1 set of 5 reps Set 6 at 100% – aim for 1 set of 5 reps

Leg Press aim for 3 sets of 6-10 reps

Stiff-Legged Deadlift aim for 5 sets of 5 reps Hamstring Curls aim for 3 sets of 6-8 reps

Calf-Raise aim for 5 sets of 10 reps

#### Day 3: Shoulders and Arms Workout

Military Press or Dumbbell Press aim for 3 sets of 6-8

Lateral Raises aim for 5 sets of 10 reps

Barbell Curls aim for 5 sets of 6-10 reps

Dumbbell Curls aim for 3 sets of 6-10 reps

#### Day 4: Rest

Keep the day for rest and let your muscles regain the strength. It would help you get ready for the next round of training.

#### Day 5: Chest, Shoulders, and Triceps Workout

Flat Dumbbell Press aim for 5 sets of 20-6 (Pyramiding) reps

Incline Dumbbell Press aim for 3 sets of 6-10 reps

Hammer Strength Press aim for 3 sets of 10 reps

Cable Flys aim for 3 sets of 12-15 reps Lateral Raises aim for 5 sets of 15-20 reps

Reverse-Grip Pull-Downs aim for 5 sets of 15-20 reps

#### Day 6: Back and Biceps Workout

Barbell Rows aim for 5 sets of 20-8 (Pyramiding) reps

Barbell Shrugs aim for 3 sets of 15-20 reps

Rack Deadlifts aim for 3 sets of 10-12 reps

Pullups aim for 3 sets of 6-10 reps

Pulldowns aim for 3 sets of 6-10 reps

#### Day 7: Legs Workout

Front Squats aim for 5 sets of 20-8 (Pyramiding) reps

Leg Extensions aim for 5 sets of 10 reps

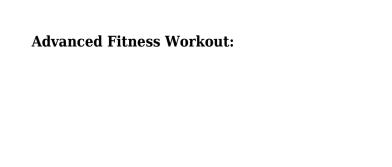
Hamstring Curls aim for 5 sets of 6-10 reps

Seated Calf Raise aim for 5 sets of 6-10 reps

Standing Calf Raise aim for 3 sets of 8-12 reps

# **Advanced Fitness Workout**

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