

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

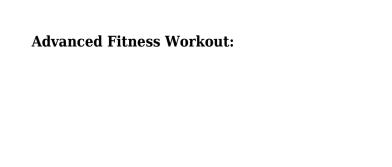
Hamstring Curls aim for 5 sets of 6-10 reps

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

Gibson, Ann L., Wagner, Dale, Heyward, Vivian



Enjoying the Track of Term: An Psychological Symphony within Advanced Fitness Workout

In a global taken by displays and the ceaseless chatter of immediate connection, the melodic beauty and emotional symphony developed by the published term frequently diminish into the backdrop, eclipsed by the persistent noise and distractions that permeate our lives. However, located within the pages of **Advanced Fitness Workout** a wonderful fictional value overflowing with fresh feelings, lies an immersive symphony waiting to be embraced. Crafted by an elegant musician of language, this interesting masterpiece conducts visitors on an emotional journey, skillfully unraveling the concealed tunes and profound influence resonating within each carefully crafted phrase. Within the depths of the touching assessment, we will examine the book is main harmonies, analyze its enthralling publishing style, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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Table of Contents Advanced Fitness Workout

- 1. Understanding the eBook Advanced Fitness Workout
 - The Rise of Digital Reading Advanced Fitness Workout
 - Advantages of eBooks Over Traditional Books
- 2. Identifying Advanced Fitness Workout
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
- 3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Advanced Fitness Workout
 - User-Friendly Interface
- 4. Exploring eBook Recommendations from Advanced Fitness Workout
 - Personalized Recommendations

- Advanced Fitness Workout User Reviews and Ratings
- Advanced Fitness Workout and Bestseller Lists
- 5. Accessing Advanced Fitness Workout Free and Paid eBooks
 - Advanced Fitness Workout Public Domain eBooks
 - Advanced Fitness Workout eBook Subscription Services
 - Advanced Fitness Workout Budget-Friendly Options
- 6. Navigating Advanced Fitness Workout eBook Formats
 - o ePub, PDF, MOBI, and More
 - Advanced Fitness Workout Compatibility with Devices
 - Advanced Fitness Workout Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Advanced Fitness Workout
 - Highlighting and Note-Taking Advanced Fitness Workout
 - Interactive Elements Advanced Fitness Workout
- 8. Staying Engaged with Advanced Fitness Workout
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Advanced Fitness Workout
- 9. Balancing eBooks and Physical Books Advanced Fitness Workout
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Advanced Fitness Workout
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Advanced Fitness Workout
 - Setting Reading Goals Advanced Fitness Workout
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Advanced Fitness Workout
 - Fact-Checking eBook Content of Advanced Fitness Workout

- Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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