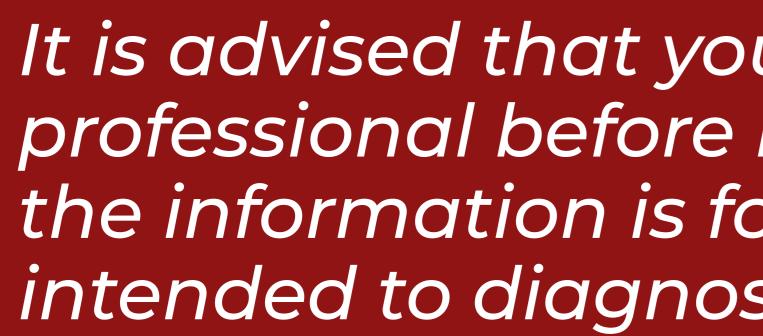


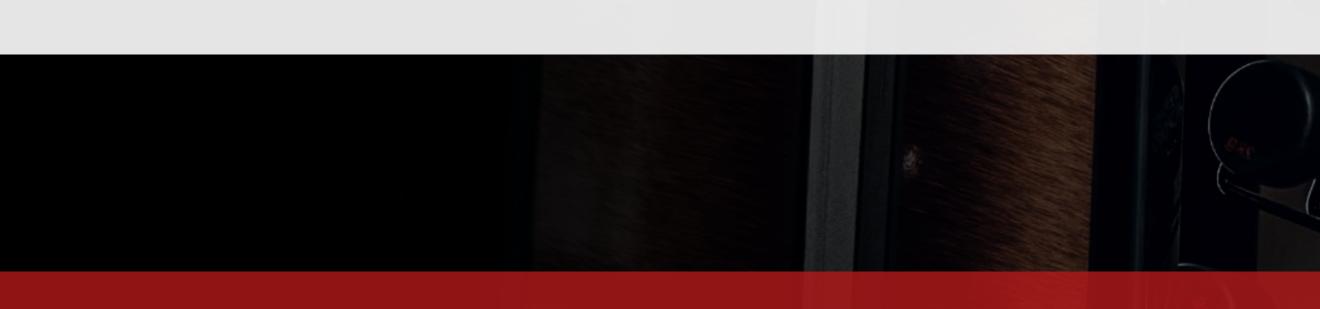




This advanced-level workout plan is aimed at those who are already gym buffs and would like to reach the next level of fitness routine. Since this routine is more demanding, the training is set for 6 days per week. You will get one day of rest for recovery. This exercise program aims to give you a fantastic physique.



# PLAN INTRODUCTION



It is advised that you meet in person with a licensed health professional before beginning any exercise program. All of the information is for educational purposes and is not intended to diagnose or treat medical or health conditions.







# DAV1

## **Chest and Back Workout**



Barbell Bench Press: work 5 rep max

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



**Dips:** aim for 3 sets of 6-10 reps

Pullups: aim for 3 sets of 5-8 rep

Pendlay Rows: aim for 3 sets of

Pulldowns: aim for 3 sets of 6-7





## Legs Workout

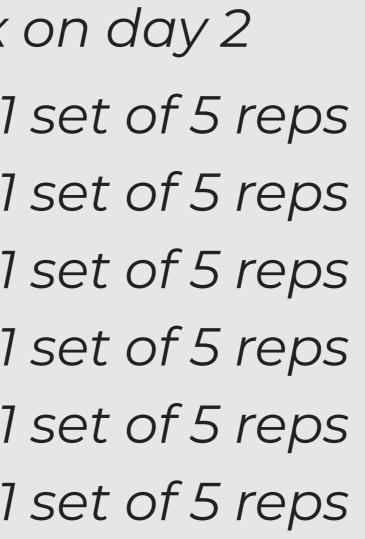
рттал
5 reps
or 3 sets of
ØS
f 6-10 reps
0 reps

Squats: work	5 rep max
Set 1 at 50%	- aim for 1
Set 2 at 60%	- aim for 1
Set 3 at 70%	- aim for 1
Set 4 at 80%	- aim for 1
Set 5 at 90%	- aim for 1
Set 6 at 100%	- aim for 1
Leg Press: air	n for 3 sets

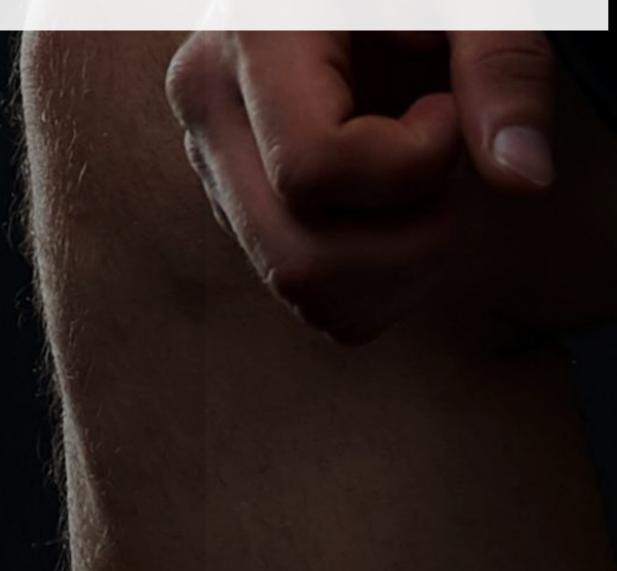
Stiff-Legged Deadlift: aim for 5 sets of 5 reps

Hamstring Curls: aim for 3 sets of 6-8 reps

Calf-Raise: aim for 5 sets of 10 reps



s of 6-10 reps





**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

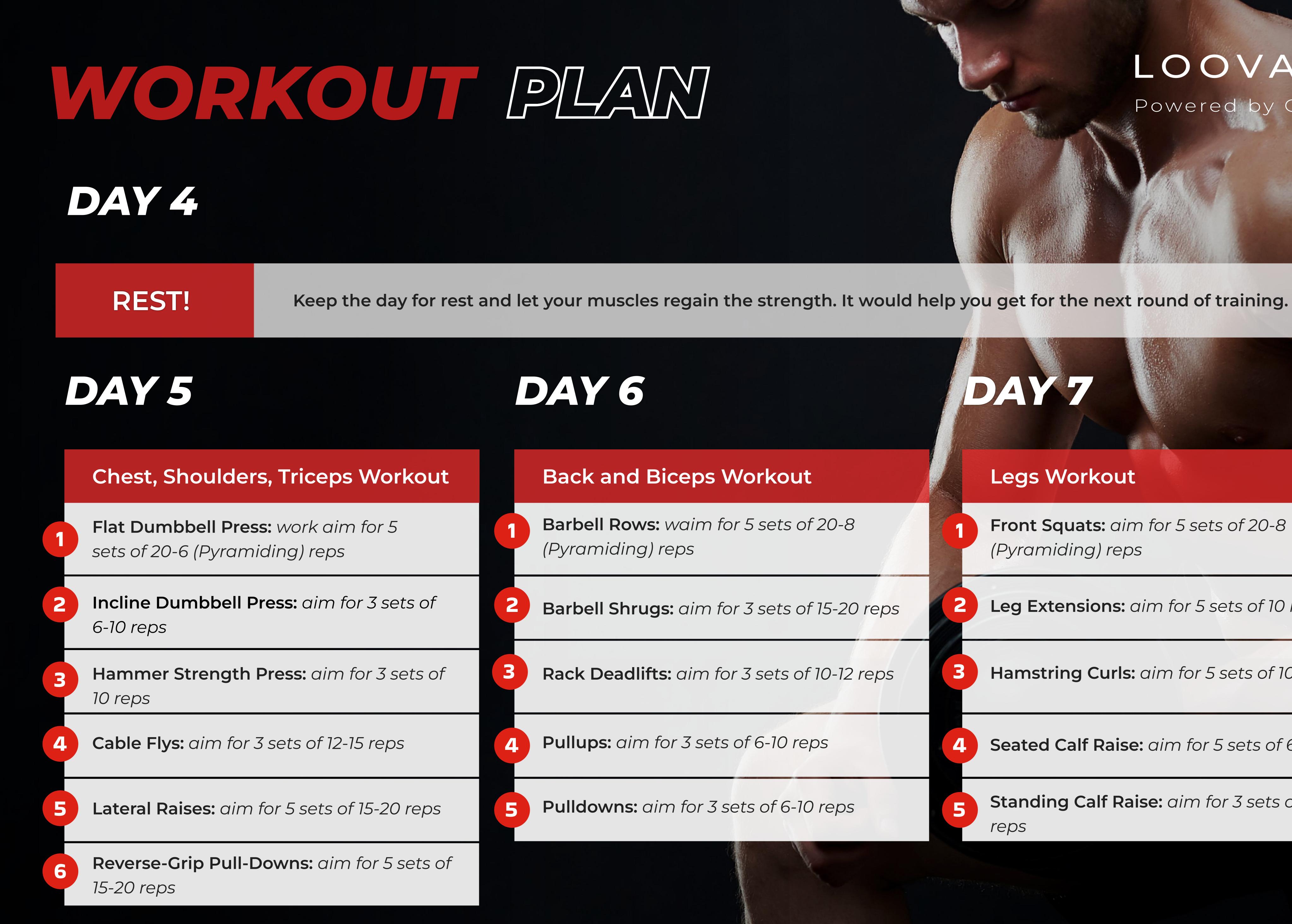


DAV5



# **Shoulder and Arms Workout**

**Dumbbell Curls:** *aim for 3 sets of 6-10 reps* 



	DAYS	
s Workout	Back and Biceps Workout	Legs Worko
m for 5	<b>Barbell Rows:</b> waim for 5 sets of 20-8 (Pyramiding) reps	<b>Front Squats:</b> (Pyramiding) r
for 3 sets of	2 Barbell Shrugs: aim for 3 sets of 15-20 reps	Leg Extension
for 3 sets of	<b>Back Deadlifts:</b> aim for 3 sets of 10-12 reps	3 Hamstring Cu
-15 reps	4 Pullups: aim for 3 sets of 6-10 reps	4 Seated Calf Ra
of 15-20 reps	<b>5</b> Pulldowns: aim for 3 sets of 6-10 reps	<b>5</b> Standing Calf reps
n for 5 sets of		

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### out

aim for 5 sets of 20-8 reps

ns: aim for 5 sets of 10 reps

urls: aim for 5 sets of 10 reps

**Raise:** aim for 5 sets of 6-10 reps

**Raise:** aim for 3 sets of 8-12

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