



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 6 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

# **Fitness Workout Advanced**

**Lou Schuler, Alwyn Cosgrove**

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the authors' names.

## **Fitness Workout Advanced:**

*The Men's Health Gym Bible* Michael Mejia, Myatt Murphy, 2017-04-18 The Men's Health Gym Bible is the ultimate resource for the total gym experience Men's Health fitness advisor Michael Mejia and co author Myatt Murphy will teach you how to use various types of gym equipment for optimal strength and cardiovascular fitness In addition to hundreds of exercises for strength and cardio equipment like free weights stability balls and treadmills this updated edition is filled with exercises and expert fitness advice for cutting edge equipment like TRX suspension training sandbags and kettle bells With almost 700 photos this edition features all new images that demonstrate proper form and technique for every functional exercise The Men's Health Gym Bible is for anyone trying to get the most out of your fitness goals no matter what your fitness level is Gym novices will find helpful information such as the ins and outs of gym memberships contract negotiation tips and how to safely use a piece of equipment for the first time This is the ultimate resource for the total gym experience and a book that no fitness enthusiast should be without

*Water Exercise* Martha White, 1995 Describes and illustrates a series of water exercises ranging from beginning to advanced levels and outlines programs that concentrate on specific areas of the body

**Black Belt**, 2000-12 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known martial arts figure in the world

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Morrison (LL.D.),1878      Black Belt ,2001-10 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known marital arts figure in the world

**Programme of the Courses of Instruction** Massachusetts Institute of Technology,1907      **Advanced Bodyweight Exercises** Patrick Barrett,2012 Bodyweight exercise is probably the most under appreciated tool out there for losing weight building muscle and staying healthy Every day millions of people waste time and money on expensive gym memberships and home workout equipment when there is an easier more practical solution right under their noses Don t get me wrong I m not saying that you can t get great results from working out at a gym or from exercising on in home workout equipment If you can stick with that kind of program and you ve got the money the time and the room you can do very well I m simply saying that for many people these solutions are impractical and they end up paying monthly for memberships at fitness centers they don t go to or paying for weights and equipment that end up collecting dust in storage somewhere Meanwhile a tiny fraction of that same investment if spent learning about bodyweight exercise could give vastly better results Many people think that bodyweight exercise is just not challenging enough to give you a good workout they see it as more of a warm up than anything else Well there certainly are easy bodyweight exercises that can be used to warm up There are also exercises like muscle ups and one leg squats that many weight lifters and other athletes cannot even perform for a single repetition Don t underestimate the value of this type of training program Once you know what the more advanced bodyweight exercises can do for you you ll have a workout routine that you can use conveniently for your entire life whether you re at home or on the road whether you ve got two hours free to work out or only 15 minutes This kind of convenience means that sticking to a

schedule is easier and more practical than ever because you don't have to make time for the gym commute you only have to make time for the exercise itself. Most people fail to appreciate when it comes to getting fit and staying that way that anyone can build the perfect schedule or routine. You know what I'm talking about the routine that's supposed to transform you into some kind of bodybuilder super hero crossed with an Olympic gymnast. Unfortunately most people cannot plan their lives around such a routine and if they try they end up failing and getting even more discouraged and out of shape. What really counts is not making the perfect plan but creating a solid plan that you will actually stick to. That's what's so great about bodyweight exercise unlike so many other options it's both effective AND practical. If you're brand new to bodyweight exercise or exercise in general you may want to try my other book on the subject Natural Exercise. It's geared more toward beginners. However if you've already read that book or you're just ready for more of a challenge then Advanced Bodyweight Exercises is exactly what you need. You'll learn all the exercises and variations you need to build real strength to last a lifetime. So pick up your physical or digital copy of Advanced Bodyweight Exercises and start exercising right away for less than the cost of a single dumbbell or one day gym pass.

**High Intensity Circuit Training** Andrew Hudson, 2021-08-06

This Workout Method is x3 More Effective than Cardio for Burning Body Fat and Maintaining Muscle Mass. What's causing you to fall just short of having your dream body? Is it because your belly fat won't go away? Is it because you can't burn fat without losing muscle? Or is it because you don't have enough spare time to work out twice a day? Answering yes to any of the questions above is likely to bring you frustration and make you feel as if you are unable to achieve the body you want. I was also in this position for many months and it really brought the worst out of me that was until I followed a workout routine that allowed me to lower my body fat percentage with just 30 minutes of exercise a day. As I am now a Personal Trainer I am thrilled to share a workout routine HICT in this book that will help you get your dream body quicker than you can imagine. With this training method you will be able to exercise at home with no equipment for just 30 mins a day. This exercise method is great to help you burn fat and maintain build muscle mass. Not only that but you will also pick up plenty of nutritional advice ways to develop your mindset for reaching goals and most importantly you will feel the mental benefits that come with proper exercise. This book is the 3rd of the Circuit training for Weight Loss series meaning this information will be the most advanced. If you are a beginner when it comes to working out I suggest tracking back to Circuit training for Beginners. Although I have coached an individual who had joint problems from being overweight slowly into HICT and now his knees are almost as strong as his six pack. That goes to show anyone can do this at their own speed. This book will guide you to your final fitness goal and help you maintain it. You should find more than meets the eye in this book to expand on that you'll discover 5 Intense Workouts to Lower Your Body Fat Percentage. Why Your Comfort Zone is the Barrier That Stops You Reaching Goals. Advanced Nutritional Information for Boosting Your Metabolic Rate. 30 No Equipment Exercises to Raise Your Heart Rate at Home. What Makes a Successful Training Session. How to Enhance Your Body's Ability to Burn Fat. Why

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**Annual Catalogue of the University of Kansas** University of Kansas,1921     *Physical Training* ,1906     *Runner's World Advanced Indoor Exercise Book* Richard Benyo,Rhonda Provost,1982     **Annual Catalogue of the University of Kansas** Kansas. University,University of Kansas,1920     **Manual of Treatment by Massage and Methodical Exercise** Joseph Screiber,1887

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