

Field House
Advanced Strength Training

Day 1: Upper Body 1

1. DB Arnold Press (4x8)
2. DB Bent Lateral Raise (3x10)
3. DB Spider Curl (4x10)
4. Neutral grip DB Floor Press (4x8)
5. Unilateral Cable Lat Pulldown (4x8)

Day 2: Lower Body 1

1. Single-leg Bridges (4x8 each leg)
2. DB Front Squat (3x10)
3. DB Step-ups (4x8 each leg)
4. Rack Pulls (5x5)
5. Single-leg DB RDL (4x8 each leg)

Day 3: Cardio and Core

1. BW Planks (3x45 seconds)
2. DB Serratus Crunches (4x10)
3. Hanging Knee Raises (4x8)
4. V-ups (3x15)
5. Treadmill Interval Run (30 seconds walk, 45 seconds jog, 10 minutes total)
6. Side Planks (3x15 seconds each side)
7. Jumping Jacks (50)

Day 4: Upper Body 2

1. DB Bench Row (4x8)
2. DB Incline Bench Press (4x8)
3. Decline Bench Press (4x8)
4. Cable Biceps Curl/Cable Triceps Pushdowns (3x15 **SS**)
5. Cable Straight-Arm Lat Pulldown (3x15)
6. Elliptical (7 minutes)

Day 5: Lower Body 2

1. Leg Curl Machine (4x8)
2. Leg Extension Machine (4x8)
3. DB RDL (3x12)
4. DB Bulgarian Split Squat (3x10 each leg)
5. Leg Press (4x10)
6. BW Squats (3x30 seconds)

Key:

#x# = # sets of # reps

BW = Body Weight

DB = Dumbbell

KB = Kettlebell

SS = Super Set

Eccentric = slowing down on the lengthening/lowering phase of the movement