

Advanced Strength Training Program

This program is designed to build on the Intermediate program and by maximizing muscle and strength. This program is divided into 3 separate routines designed to be performed once per week and completed over a 4 week period.

Week 1 you will perform 10 repetitions of each exercise.

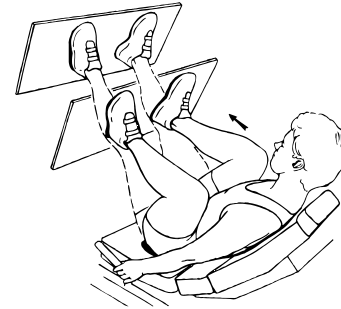
Week 2 you will increase your resistance and perform 8 repetitions of each exercise.

Week 3 you will increase your resistance and perform 6 repetitions of each exercise.

Week 4 you will further increase your resistance and perform 4 repetitions of each exercise.

After completing week 4 start at week 1 again trying to increase your resistance by 5 % on each exercise for each of the subsequent weeks.

LEGS: GLUTES / THIGHS - 20 Leg Press: Incline (Machine)

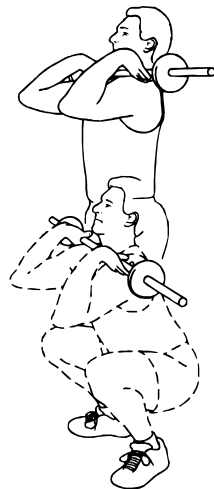


Press forward until legs are just short of locked knee position.

Do 3 sets. Complete 4 repetitions with 5% more resistance than Week 3.

LEGS: GLUTES / THIGHS - 7 Front Full Squat (Barbell or Dumbbell)

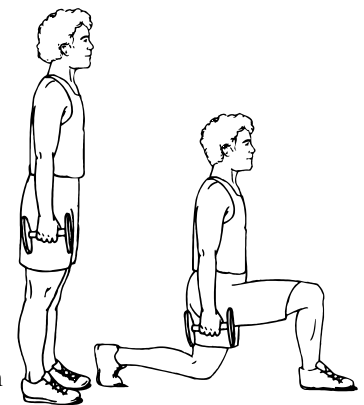
Bar in front, head up, back straight, feet pointed slightly out, squat until backs of thighs are parallel to the floor. Keep abdominals tight and maintain weight on heels.



Do 3 sets.  
Complete 4 repetitions with 5% more resistance than Week 3.

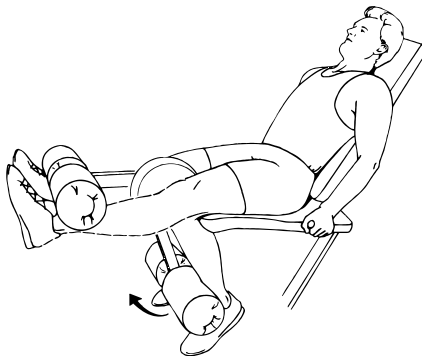
LEGS: GLUTES / THIGHS - 13 Lunge (Dumbbell)

Legs shoulder width apart, head up, back straight, step forward bending same leg until thigh is parallel to floor. Alternate legs.



Do 3 sets.  
Complete 4 repetitions each leg with 5 percent more resistance than Week 3.

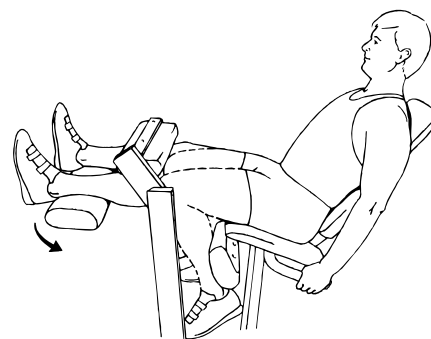
LEGS: GLUTES / THIGHS - 25 Leg Extension (Machine)



Straighten legs to locked knee position, keeping toes flexed toward knees.

Do 3 sets. Complete 4 repetitions with 5% more resistance than Week 3.

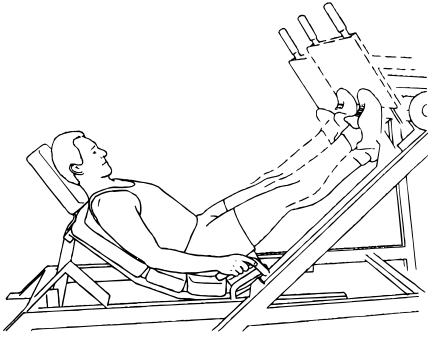
LEGS: HAMSTRINGS - 5 Leg Curl: Sitting (Machine)



Bring heels as close to buttocks as possible keeping feet flexed toward knees.

Do 3 sets. Complete 4 repetitions with 5% more resistance than Week 3.

LEGS: CALVES - 9 Heel Raise – Incline (Machine)



Ankles flexed and calves stretched, press toes forward as far as possible.

Do 3 sets. Complete 4 repetitions with 5% more resistance than Week 3.

ABS - 35 Knee Raise: Hanging

Tighten abdominals and bend legs, pulling knees toward chest.

Do 3 sets.  
Complete 35 repetitions.

