

# ADVANCE SPLIT



Do 1 Light Warmup Set. per exercise  
2-3 Minute Rest Between sets

## MONDAY- BACK & BICEPS

4 sets x 6-8 reps

- Deadlift
- Lat Pulldown
- Wide Grip Pull Down
- Cable Row
- Barbell Row
- Dumbbell Curl
- Preacher Pad ez Bar Curl

## TUESDAY- CHEST & TRICEPS

4 sets x 6-8 reps

- Barbell Bench Press
- Incline Dumbbell Press
- Close Grip Bench Press
- Dips
- Tricep Extensions
- Triccep Pushdowns

## WEDNESDAY- LEGS & SHOULDERS

4 sets x 6-8 reps

- Barbell Back Squat
- Calf Press, seated
- Leg Press
- Overhead Press
- Romanian Deadlift
- Lateral Raise

## THURSDAY- BACK & BICEPS

4 sets x 8-12 reps

- Lat Pulldown
- Straight Arm Pulldown
- Dumbbell Row
- Back Extensions
- Rear Delt Fly
- Cable Curls
- Face Pulls
- Isolation Curls (Dumbbell with elbow on leg or machin)

## FRIDAY- CHEST & TRICEPS

4 sets x 8-12 reps

- Barbell Bench Press
- Cable Flys
- Incline Dumbbell Press
- Dips
- Tricep Kickback
- Tricep Extensions- rope attachment

## SATURDAY- LEGS & SHOULDERS

4 sets x 8-12 reps

- Barbell Back Squat
- Rear Leg Elevated Split
- Leg Press
- Leg Extensions
- Calf Press on Leg Press Machine
- Leg Curls
- Seated Dumbbell shoulder Press
- Dumbbell Front Raise

## SUNDAY

30 minute walk or jog  
Core  
Rest

