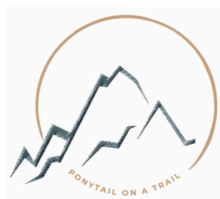


ADVANCED PROGRAM

Weeks 10-12 Schedule :

MONDAY	3x12 Strength Workout
TUESDAY	Aerobic Cardio Options: jogging, biking, elliptical, incline walking or stair climber- steady state for 60 minutes – 6 or 7 effort level out of 10
WEDNESDAY	HIIT (High Intensity Intervals) Workout
THURSDAY	2x20 High Rep Workout
FRIDAY	Incline walking/jogging for 4 miles on 7 incline on treadmill OR 4+ miles outside on flat ground
SATURDAY	Advanced Strength Workout
SUNDAY	Rest day or go for a walk, hike, do restorative yoga or stretch! Take care of your body so that you feel recovered entering a new week.



ADVANCED PROGRAM

Weeks 10-12 : Monday

Equipment needed: Medium Dumbbells

EXERCISE	TIME/REPS/INTENSITY NOTES
<p>SLDL to reverse lunge (1 SLDL to 1 rev lunge is 1 rep)</p> <p>Lying Tri ext</p> <p>Hollow body pullover</p>	<p>3 sets of 12 reps</p> <p>Rest for 1 minute between sets and minimally between exercises</p>
<p>Pistol squats (each side)</p> <p>Curl to bent over row (1 curl to 1 row is 1 rep)</p> <p>Side plank press (each side)</p>	<p>3 sets of 12 reps</p> <p>Rest for 1 minute between sets and minimally between exercises</p>
<p>Lateral lunge add DB (each side)</p> <p>SL back elevated GT (each side)</p> <p>Half-kneeling Windmill (6 each)</p>	<p>3 sets of 12 reps</p> <p>Rest for 1 minute between sets and minimally between exercises</p>

REPEAT EACH SET 3X THROUGH BEFORE MOVING ON



Weeks 10-12 Wednesday

Equipment needed: Light DB + timer

EXERCISE	TIME/REPS/INTENSITY NOTES
<p><u>Star jumps</u></p> <p><u>Wide high knees</u></p> <p><u>Pivot hops w/ punch</u></p> <p><u>Burpee to tuck jump</u></p> <p><u>Chest opener jacks</u></p> <p><u>8 fast feet to runners lunge</u></p> <p><u>Press jacks</u></p> <p><u>Split squat drops</u></p> <p><u>Speed skaters w/ twist</u></p> <p>8 fast feet to burpee, 8 fast feet to high jump</p>	<p>HIIT: Go HARD during intervals. Repeat 2-3 times</p> <p>Week 10: 40 on, 20 off Week 11: 45 on, 15 off Week 12: 50 on, 10 off</p> <p>Cool down with a 20 minute light jog or walk</p>



ADVANCED PROGRAM

Weeks 10-12 Thursday Equipment needed: Light weights

EXERCISE	TIME/REPS/INTENSITY NOTES
Wide hammer curls Goblet squat DB snatch to windmill (10 each) OH tri extension Bent over wide rows Pendulum lunge add DB (10 each) Squat to side kick (10 each) Forward and lateral shoulder raises (10 each) Reverse lunge with knee drive hop (10 each) Hollow body press Sumo deadlift to high row Side plank up + down w/ DB (10 each)	2 sets of 20 reps for muscular endurance emphasis Rest 1 minute between rounds Then 20 minute jog or steady state cardio



ADVANCED PROGRAM

Weeks 10-12 Saturday

Equipment needed: Heavy Dumbbells

EXERCISE	TIME/REPS/INTENSITY NOTES
<p>Heavy Split squats 12 each Right into split squat jumps for 30 seconds Repeat 2x</p> <p>Heavy chest fly 12 reps Right into fast chest presses for 30 seconds Repeat 2x</p> <p>Heavy Romanian deadlift 12 reps Right into sumo drops for 30 seconds Repeat 2x</p> <p>Heavy pullups or split stance rows (each side) Right into alt bent over rows FAST for 30 seconds Repeat 2x</p> <p>Dragon flag Right into fast pike ups for 30 seconds Repeat 2x</p>	<p>Supersets: Heavy reps into fast, explosive reps</p> <p>2 sets of everything before moving on to the next</p> <p>Rest as needed between sets</p>

