

# ADVANCED PROGRAM

## Weeks 4-6 Schedule :

<b>MONDAY</b>	3x12 Strength Workout
<b>TUESDAY</b>	Aerobic Cardio Options: jogging, biking, elliptical, incline walking or stair climber- steady state for 45 minutes – 6 or 7 effort level out of 10
<b>WEDNESDAY</b>	HIIT (High Intensity Interval Training) Workout
<b>THURSDAY</b>	Optional workout- Aerobic Cardio Options: jogging, biking, elliptical, incline walking or stair climber- steady state for 30 minutes – 6 or 7 effort level out of 10 OR go for a 3 mile walk
<b>FRIDAY</b>	AMRAP Workout – As many rounds as possible
<b>SATURDAY</b>	Aerobic Cardio Incline walking/jogging for 3 miles on 7 incline on treadmill OR 3+ mile hike OR 4 miles outside on flat ground
<b>SUNDAY</b>	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 4-6 : Monday

Equipment needed: Medium Dumbbells

EXERCISE	TIME/REPS/INTENSITY NOTES
<p><a href="#">Bulgarian Deadlift</a> (each side)</p> <p><a href="#">Renegade rows</a> (row into pushup is 1 rep)</p> <p><a href="#">Twisting DB V-up</a> (each side)</p>	<p>3 sets of 12 reps</p> <p>Rest 1 minutes between sets. Minimal rest between exercises.</p>
<p><a href="#">Double rack squat</a> (hold at bottom for 5 seconds)</p> <p><a href="#">Curl to circle press w/ tri ext</a></p> <p><a href="#">Reverse crunches</a> (slow lower)</p>	<p>3 sets of 12 reps</p> <p>Rest 1 minutes between sets Minimal rest between exercises.</p>
<p><a href="#">Lateral lunge add DB</a> (each side)</p> <p><a href="#">Split stance alt grip rows</a> (each side)</p> <p><a href="#">Reach across v-ups</a> (each side)</p>	<p>3 sets of 12 reps</p> <p>Rest 1 minutes between sets. Minimal rest between exercises.</p>

REPEAT EACH SET 3X THROUGH BEFORE MOVING ON



# ADVANCED PROGRAM

## Weeks 4-6 : Wednesday

Equipment needed: Bodyweight+ timer, treadmill if available

EXERCISE	TIME/REPS/INTENSITY NOTES
<p>-Treadmill on incline 7 OR find an incline outside OR <a href="#">sprint in place</a></p> <p>-<a href="#">180 squat jumps</a></p> <p>-<a href="#">Runners lunge hops R leg back</a></p> <p>-<a href="#">Runners lunge hops L leg back</a></p> <p>-<a href="#">Lateral bound</a></p> <p>-Treadmill on incline 7 OR find an incline outside OR sprint in place</p> <p>-<a href="#">Plank jacks</a></p> <p>-<a href="#">Wide to narrow squat hops</a></p> <p>-<a href="#">Sumo drops</a></p> <p>-8 jumping jacks, 2 burpees</p>	<p>Week 4: 40 on, 30 off</p> <p>Week 5: 40 on, 20 off</p> <p>Week 6: 45 on, 15 off</p> <p>Go HARD during intervals 3x total with 1-2 minutes rest between rounds</p>



# ADVANCED PROGRAM

Weeks 4-6 : Friday

Equipment needed: Light Dumbbells+ timer

EXERCISE	TIME/REPS/INTENSITY NOTES
6 minutes: <a href="#">10 snatch to reverse lunge</a> (each side) <a href="#">10 SLGT with weight</a> (each side) <a href="#">10 chest fly</a>	AMRAP – As many rounds as possible  Rest 1-2 minute(s) between rounds
5 minutes: <a href="#">10 bent over alternating rows</a> (each side) <a href="#">10 lawn mowers</a> (each side) <a href="#">50 high knees (regular)</a>	
6 minutes: <a href="#">10 dips</a> , <a href="#">10 curtsey lunge w/ curl</a> (each side) <a href="#">10 double pulse split squat hops</a> (each side)	
6 minutes: 10 sets of <a href="#">8 mountain climbers to pop up</a> <a href="#">10 ab circles</a> <a href="#">10 plank knee drives</a> (each side)	
5 minutes: <a href="#">25 jumping jack with press</a> <a href="#">25 static squat press outs</a> <a href="#">25 ab in + outs</a>	

