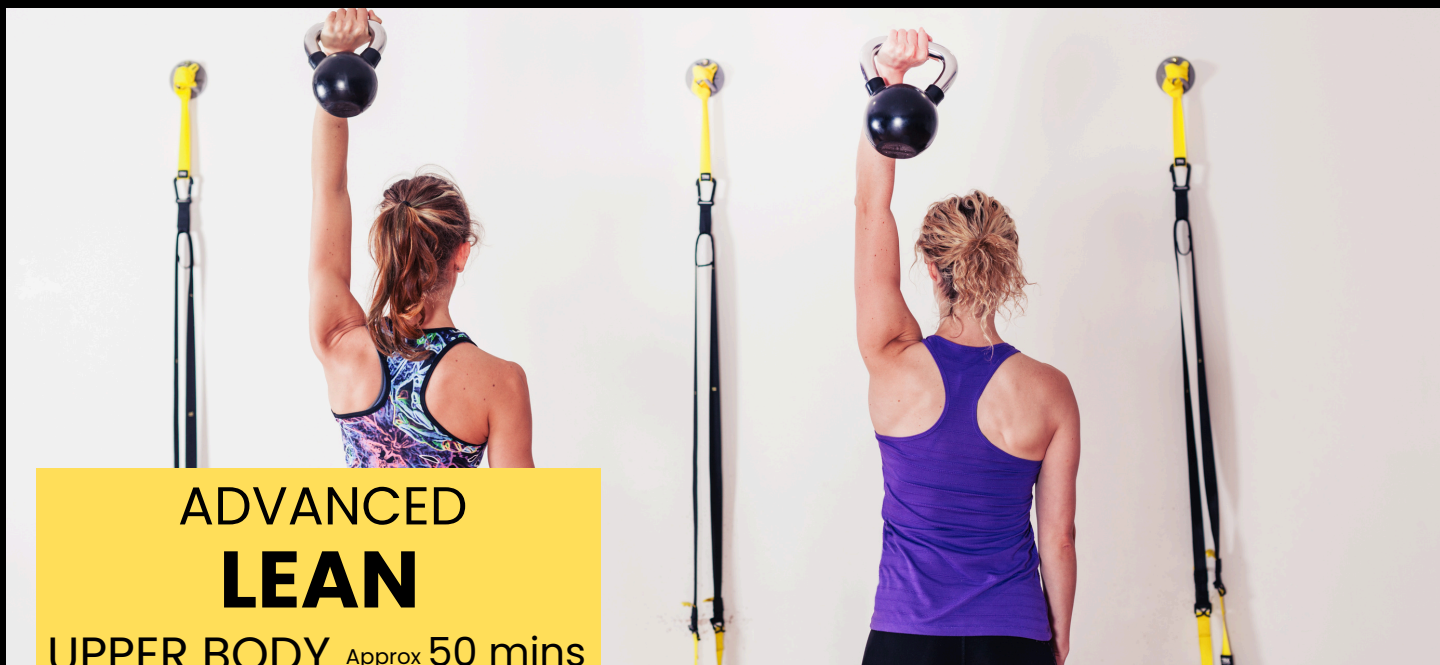




ADVANCED LEAN

UPPER BODY Approx 50 mins

Warm-Up (7 mins)

Why: Increases blood flow, elevates muscle temperature, and enhances performance while reducing injury risk.

- **Ski Erg Intervals:** 3 min (30 sec at RPE 6, 30 sec at RPE 3)
- **Dynamic Arm Circles:** 1 min – How: Swing arms forward/backward in circles.
- **Band Pull-Aparts:** 1 min – How: Hold resistance band, pull apart to chest level.
- 2 warm-up sets of your first exercise with light weight

RPE Scale Reference

- **RPE 1–2:** Very light, easy pace
- **RPE 3–4:** Light, warm-up pace
- **RPE 5–6:** Moderate, can talk but slightly breathless
- **RPE 7–8:** Hard, can speak a few words
- **RPE 9–10:** Very hard, maximum effort

Main Workout (38 mins)

Rest 60–90 seconds between sets.

Bench Press (Barbell) – 4 x 6–8reps

- How: Lie flat, grip slightly wider than shoulders, lower to chest, press explosively.
- Why: Builds chest, triceps, and pressing power for lean muscle

Weighted Pull-Ups / Heavy lat pull – 3 x 6reps

- How: Grip bar wide, pull chin over, control descent / Hold bar wide and Pull down to chest, control up.
- Why: Strengthens back, improves posture and pulling power.

Kettlebell Clean & Press – 3 x 8reps per side

- How: Stand over kettlebell, swing it between legs, drive hips, rack at shoulder, press overhead, repeat.
- Why: Full-body power and shoulder stability.

Battle Rope Power Slams – 3 x 20–30sec

- How: Slam ropes with maximal force, engage core.
- Why: Torch calories and improves grip endurance.

Slam Ball – 3 x 10–12reps

- How: Lift slam ball overhead, throw forcefully to ground, squat to pick up.
- Why: Develops power, coordination, and full-body.

TRX Atomic Push-Up – 2 x 10reps

- How: Explode upward, throw ball at wall, catch.
- Why: Enhances power and metabolic conditioning.

Treadmill Intervals

- Time: 5 x 1 min run + 1 min slow walk – 2–4% incline
- RPE: 7–8
- How: Alternate fast and slow walking/jogging.
- Why: Boosts calorie burn, heart health, and leanness.

Cool-Down (7 mins)

Why: Lower heart rate, improve flexibility, reduce muscle soreness, and prevent injury.

Shoulder stretch: 30 seconds per arm

- How: Pull one arm across your chest, hold with opposite arm.

Triceps stretch: 30 seconds per arm

- How: Reach one arm overhead, bend elbow, gently pull with other hand.

Chest stretch (doorway or wall): 1 minute

- How: Place forearm on doorway, gently lean forward.

Upper back stretch (hug yourself): 1 minute

- How: Hug yourself, pull shoulders forward.

Gentle walking or stationary cycling: 2–3 minutes

Programming Notes

- RPE 8–9: Near-maximal effort; adjust weights to hit rep ranges.
- Progression: Increase weight by 5–10% weekly or reduce rest by 10–15 seconds.
- Cardio Integration: Battle ropes, slam balls, and stair sprints optimize fat loss.
- Functional Focus: Prioritises compound lifts and power moves for metabolic efficiency.