



ADVANCED STRENGTH

FULL BODY Approx 50 mins

Warm-Up (8 mins)

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

- Jumping Jacks (1 min)
- Arm Circles (30 sec forward/backward)
- Bodyweight Squats (10 reps)
- Hip Bridges (10 reps)
- Band Pull-Aparts (10 reps)
- Light Cardio (3 min treadmill/row)

Programme Tips

- Focus on slow, controlled movements and proper form.
- Choose weights that are challenging but allow you to finish all reps with good technique.
- Increase weights gradually as you get stronger.
- Rest at least one day between sessions

Main Workout (35 mins)

Rest 60–90 seconds between sets.

Barbell Back Squat – 4 x 5–8reps

- How: Bar on upper back, feet shoulder-width, squat to parallel, drive up.
- Why: Heavy compound for quads, glutes, core; foundation for strength and mass.

Romanian Deadlift – 4 x 8–10reps

- How: Barbell/dumbbells, soft knees, hinge hips, lower to mid-shin, stand tall.
- Why: Targets hamstrings, glutes, and posterior chain for power and injury prevention.

Dumbbell Bench Press – 4 x 8–10reps

- How: Lie on bench, press dumbbells from chest to straight arms, lower with control.
- Why: Builds chest, shoulders, and triceps strength and stability.

Hanging Leg Raise – 3 x 12–15reps

- How: Hang from bar, lift legs to 90°.
- Why: Advanced core and hip flexor strength; anti-extension core work

Pull-Ups or Lat Pulldown – 4 x 6–10reps

- How: Overhand grip, pull chin over bar (or bar to chest on machine), control down.
- Why: Develops lats, upper back, and biceps; vertical pulling strength.

Barbell or Dumbbell Row – 4 x 8–10reps

- How: Hinge at hips, pull weight to lower ribs, squeeze shoulder blades.
- Why: Strengthens upper/mid back, rear delts, and biceps for posture and pulling power.

Standing Overhead Press – 3 x 8–10reps

- How: Barbell/dumbbells at shoulders, press overhead, lower with control.
- Why: Builds delts, triceps, and core stability.

Walking Lunge – 3 x 10reps per leg

- How: Hold dumbbells, step forward, lower until both knees 90°, alternate legs.
- Why: Unilateral strength, balance, and glute/quad activation.

Cool-Down (7 mins)

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

Hamstring Stretch (30 sec per leg)

- How: Stand, extend one leg, hinge at hips, reach toward toes.

Chest Stretch (Doorway or Wall) (1 min)

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

Shoulder Stretch (30 sec per arm)

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

Quad Stretch (30 sec per leg)

- How: Stand, pull foot to glutes, keep knees together.

Upper Back Stretch (Hug Yourself) (1 min)

- How: Hug yourself, gently pull shoulders forward.

Gentle walking or cycling: 2–3 minutes