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HOW TO USE THIS WORKOUT GUIDE

Using this sample, you can create a professional workout plan. Here's how:

- 1 . Insert your exercises** in place of these suggested exercises, using and/or re-arranging the preset samples and items.
- 2 . Substitute** the actual sets for whatever is more realistic for you.
- 3 . Always include a heavy basic movement** there is no substitute for squats, bench press, barbell curls, shoulder presses, etc. Studies have shown that including compound movements improves overall fitness.

WHAT ELSE SHOULD I KNOW?

Please consult with your physician before beginning any exercise and nutrition program. These statements have not been evaluated by the FDA. Products on this site and representative sites are not intended to diagnose, treat, cure or prevent any disease.

FREEDOMFLY.NET

SAMPLE ADVANCED
WORKOUT PLAN

Version 1.0

The fitness network

SAMPLE ADVANCED WORKOUT PLAN

Monday (45-60 minutes of some type of cardio before workout)			
Body Part	Exercise	Sets	Reps
Abdominals	Crunches	4 sets	25-30 reps
	Hanging Leg Raises	4 sets	25-30 reps
	Standing Bent-Over Twists	2 sets	50 reps
Chest	Bench Press (<i>warm up</i>)	1 set	15 reps
	Bench Press (<i>superset w/flys</i>)	4 sets	10, 8, 8, 6 reps
	Dumbbell Fly	4 sets	10, 8, 8, 6 reps
	Incline Press	4 sets	10, 8, 8, 6 reps
	Dumbbell Incline Fly	4 sets	10, 8, 8, 6 reps
	Decline Bench Press	4 sets	10, 8, 8, 6 reps
	Dumbbell Decline Fly	4 sets	10, 8, 8, 6 reps
Triceps	Machine Flys	2 sets	15-20 reps
	Dips Behind Back	5 sets	10 reps

	Triceps Pushdowns	4 sets	8-10 reps
	Rope Extensions	4 sets	8-10 reps
	Skull Crushers	3 sets	10-12 reps
Tuesday (45-60 minutes of some type of cardio before workout)			
Body Part	Exercise	Sets	Reps
Abdominals	Crunches	4 sets	25-30 reps
	Hanging Leg Raises	4 sets	25-30 reps
	Standing Bent-Over Twists	2 sets	50 reps
Back	Deadlift (<i>warm up</i>)	1 set	15 reps
	Deadlift (<i>superset w/cable rows</i>)	4 sets	10, 8, 8, 6 reps
	Cable Rows	4 sets	10, 8, 8, 6 reps
	Lat Pull Downs (to front)	4 sets	10, 8, 8, 6 reps
Biceps	T-Bar Rows	4 sets	10, 8, 8, 6 reps
	T-Bar Rows (<i>negatives</i>)	4 sets	10 reps
	Preacher Barbell Curls (<i>wide grip</i>)	3 sets	10, 8, 8 reps
	Preacher Barbell Curls (<i>close grip</i>)	3sets	10, 8, 8 reps
	Incline Dumbbell Curls	3 sets	10, 8, 8 reps
	Concentrated Curls	2 sets	10-12 reps

Wednesday Day Off			
Thursday (45-60 minutes of some type of cardio before workout)			
Body Part	Exercise	Sets	Reps
Abdominals	Crunches	4 sets	25-30 reps
	Hanging Leg Raises	4 sets	25-30 reps
	Standing Bent-Over Twists	2 sets	50 reps
Quads/Hams	Squats (<i>warm-up</i>)	1 set	15 reps
	Squats	5 sets	10, 8, 6, 6 reps
	Leg Press	4 sets	10, 8, 6, 6 reps
	Leg Extension	5 sets	10, 8, 6, 6 reps
	Leg Curls	5 sets	8, 8, 6, 4 reps
	Barbell Lunges	4 sets	8, 8, 6 reps
Friday (45-60 minutes of some type of cardio before workout)			
Body Part	Exercise	Sets	Reps
Abdominals	Crunches	4 sets	25-30 reps
	Hanging Leg Raises	4 sets	25-30 reps
	Standing Bent-Over Twists	2 sets	50 reps
Shoulders	Military Shoulder Press (to front)	1 set	15 reps
	Military Press (to front)	4 sets	10, 8, 6, 6 reps

**Friday
continued**

Barbell Upright Rows	4 sets	10, 8, 8, 6 reps
Side Dumbbell Lateral Raises	4 sets	10, 8, 8, 6 reps
Seated Bent-Over Dumbbell Laterals	3 sets	10, 8, 8 reps

Calves	Standing Calf Raises (<i>warm-up</i>)	1 set	15 reps
	Standing Calf Raises (<i>Toes In</i>)	3 sets	10 reps
	Standing Calf Raises (<i>Toes Out</i>)	3 sets	10 reps
	Seated Calf Raises	3 sets	10, 8, 8 reps

Saturday Day Off

Sunday Day Off

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Do you have suggestions? Your own recommendations for a good basic advanced workout foundation? If so, contact us at mrcd@freedomfly.net. We'd very much like to know if we can improve this guide.