

# Advanced Strength Training WORKOUT

## Instructions:

Start off by doing 10 to 15 reps of each exercise.

Aim for 1 to 2 sets to start.

As you build strength, you can add extra sets, and increase the weight.

\*A repetition (rep) is one complete exercise movement.

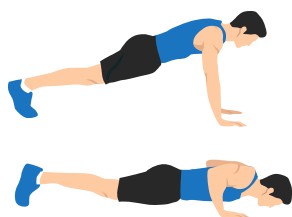
\*\*A set is a certain number or reps. For instance, 10 to 15 reps make up 1 set.

## Sample Weekly Calendar

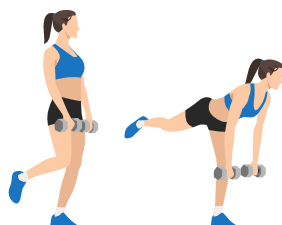
Monday

Wednesday

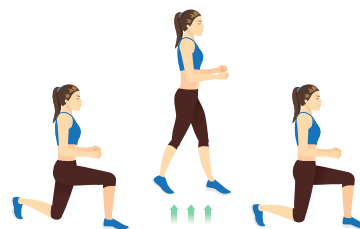
Friday



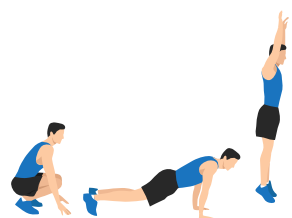
**Standard Push Up**



**Single Leg Dead Lift**



**Forward Lunges**



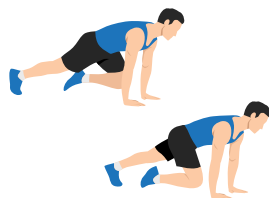
**Burpee**



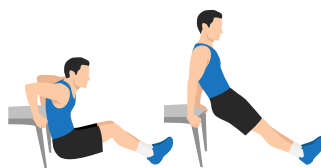
**Bird Dog Crunches**



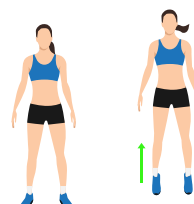
**V-Ups**



**Mountain Climbers**



**Triceps Dip**



**Jumping Calf Raises**