

Advanced Gym Workout

Frequency: 5-6 times per week

Duration: 75-90 minutes per session

1. Warm-up: 10 minutes of dynamic stretching, mobility work, and light cardio.

2. Workout:

- Day 1: Legs

-- Barbell Squats - 5 sets of 5 reps.

-- Deadlifts - 5 sets of 5 reps.

-- Lunges - 4 sets of 12 reps per leg.

-- Leg Press - 4 sets of 10 reps.

- Day 2: Push (Chest, Shoulders, Triceps)

-- Bench Press - 5 sets of 5 reps.

-- Incline Dumbbell Press - 4 sets of 8 reps.

-- Overhead Press - 4 sets of 8 reps.

-- Tricep Dips - 4 sets of 12 reps.

- Day 3: Pull (Back, Biceps)

-- Deadlifts - 4 sets of 5 reps.

-- Pull-Ups - 4 sets of 10 reps.

-- Barbell Rows - 4 sets of 8 reps.

-- Bicep Curls - 4 sets of 10 reps.

- Day 4: Core & Conditioning

-- Hanging Leg Raises - 4 sets of 12 reps.

-- Russian Twists - 4 sets of 20 reps per side.

-- Battle Ropes - 4 sets of 30 seconds.

-- Sprints - 6 sets of 30 seconds sprint, 90 seconds rest.

3. Cool-down: 10 minutes of stretching and foam rolling.