

Advanced workout

Day 5 / Saturday

notes :

start with light weights first then add more weights in the next reps

rest time between sets 1-2 minutes

rest time between exercises 2-3 minutes

https://youtu.be/4XfB4jlhfMY	5 minute	warm up
https://youtu.be/zh9jYIKL5r4	1 minute	Stretch
https://youtu.be/K1JTW9B8wF0	sets 3 reps 12 -10-10 weight 20-20-30 kg	Back Rope pull down
https://youtu.be/9d79UdyDLGQ	Sets 4 reps 12-12-10-10 weight	Back Lat pulldown
https://youtu.be/U7ixZ3HUJXI	Sets 3 reps 12-10-10 weight	Back T bar Row
https://youtu.be/-tu8CMjhoFw	Sets 3 reps 10 -10-10 weight	Back Machine Row

https://youtu.be/l87XG73JDs4	Sets 3 reps 12-10-10	Back Rope Face pull
https://youtu.be/o9vl8-fVHws	Sets 3 reps 12-12-10 weight 20-30-40 kg	Back DM Dead lift
https://youtu.be/vO_glBZixul	Sets 3 reps 10-10-10 weight 10-10-12kg	Biceps Incline Biceps curl
https://youtu.be/qFS9HULD-UQ	Sets 3 reps 10-10-10 Weight 10-10-12 kg	Biceps Close grip Biceps curl
https://youtu.be/WTa-PKf5AhQ	Sets 3 reps 10-10-10 Weight 8 -10-12 kg	Biceps Peacher hammer single arm
https://youtu.be/FYDHMPZmDFU	Sets 3 reps 25-20-20 weight	Forearm reverse wrist curl