

# Advanced workout

## Day 2 / Tuesday

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

You can change the cardio if you like to walking or jogging

<a href="https://youtu.be/C74zIWEv2oI">https://youtu.be/C74zIWEv2oI</a>	1 minute	warm up
<a href="https://youtu.be/zh9jYIKL5r4">https://youtu.be/zh9jYIKL5r4</a>	1 minute	Stretch
<a href="https://youtu.be/ZhhjqAZIN4">https://youtu.be/ZhhjqAZIN4</a>	sets 3 reps 15 -12-12	<b>Back</b> Lying Pull back
<a href="https://youtu.be/eQYQLNuTCkY">https://youtu.be/eQYQLNuTCkY</a>	Sets 4 reps 12-12-10-10  weight	<b>Back</b> Reverse Lat pulldown
<a href="https://youtu.be/_vOp3E4XEO8">https://youtu.be/_vOp3E4XEO8</a>	Sets 3 reps 10-10-10  weight	<b>Back</b> Dm Row
<a href="https://youtu.be/6L6M9vDZOuw">https://youtu.be/6L6M9vDZOuw</a>	Sets 4 reps 12-10-10-8  weight	<b>Back</b> Standing Rope Row

<a href="https://youtu.be/pS4Re6gRWnM">https://youtu.be/pS4Re6gRWnM</a>	Sets 4 reps 15-12-10-10  weight	<b>Back</b> <b>Rope Face pull</b>
<a href="https://youtu.be/SutJum4K2z8">https://youtu.be/SutJum4K2z8</a>	Sets 4 reps 15-12-10  weight 15-15-20 kg	<b>Back</b> <b>Back Extension</b>
<a href="https://youtu.be/4wGGmUzAdHs">https://youtu.be/4wGGmUzAdHs</a>	Sets 3 reps 12-10-10  weight	<b>Biceps</b> <b>Wide grip biceps curl</b>
<a href="https://youtu.be/-u7Ozqegqcs">https://youtu.be/-u7Ozqegqcs</a>	Sets 3 reps 10-10-10  weight	<b>Biceps</b> <b>Dm biceps curl</b>
<a href="https://youtu.be/uYoEsoy4184">https://youtu.be/uYoEsoy4184</a>	Sets 3 reps 15-12 -10  weight 18-20-22 kg	<b>Biceps</b> <b>Hammer crush</b>
<a href="https://youtu.be/l-7d7Y7BqBE">https://youtu.be/l-7d7Y7BqBE</a>	Sets 2  reps 20-20  weight 15-20 kg	<b>Forearm</b> <b>Dm Wrist curl</b>