



**ADVANCED  
WORKOUT PROGRAM**  
4+ YEARS  
LIFTING EXPERIENCE

**Advanced Workout Program**  
*Workout 1: PUSH*

Date: \_\_\_\_\_

Start Time: \_\_\_\_\_

Prev Nights Sleep Rating (1-10):

Day: \_\_\_\_\_

Finish Time: \_\_\_\_\_

Prev Meal / Drinks:

CHEST / SHOULDERS / TRICEPS / ABS

Total Time: \_\_\_\_\_

Today's Energy Rating (1-10):

Order	Exercise	Sets	Rep Target	Set 1		Set 2		Set 3		Comments
				weight	reps	weight	reps	weight	reps	
1	Incline Barbell Bench Press	3	6 - 10							
2	Standing Barbell Military Press	3	8 - 12							
3	Cable Crossover (Low / mid position)	3	12 - 15							
4	Dumbbell Side Lateral Raises	3	15 - 20							
5	Laying Barbell Tricep Extension	3	15 - 20							
6	Knee / Leg Raises	1	20 - 30							
7	Cable Abdominal Twists	1	15 - 20							
8	Decline Crunches	1	20 - 30							

**Notes:**

This workout is for all your "pushing" movements, plus some abdominal work.

Warm up: Start with any general warm up, mobility or flexibility exercises of your choice and take light warm up sets as needed, before your work sets

Sets: Perform 3 sets of each exercise (not counting any warm up sets, or abs). If it is a de-load week (every 4th week), then just do two sets, and use the lowest weight and reps you've completed since the last de-load.

Weight: Use a weight you can perform the required reps using good technique and form. If your form is getting sloppy, then use a lower weight.

Rest: Rest as long as needed between sets, start the next set as soon as you feel you have your breath and energy back (normally 1 - 3 minutes)

Progression: Complete the exercise with good form and technique, adjust weight and reps as instructed in the "Program Progression" tab on the advanced workout page.

Cooldown: Stretch carefully after your workout.

Help Needed: Msg me on [GeorgeMinors@iCloud.com](mailto:GeorgeMinors@iCloud.com) if you have any questions about how to complete the workout.

Workout Link: Direct link to the workout Program is here: <https://www.georgehealth.com/toolkit/workouts/advanced-workouts/>



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**Advanced Workout Program**  
*Workout 2: PULL*

Date: \_\_\_\_\_

Start Time: \_\_\_\_\_

Prev Nights Sleep Rating (1-10):

Day: \_\_\_\_\_

Finish Time: \_\_\_\_\_

Prev Meal / Drinks:

BACK / REAR DELTS / BICEPS / ABS

Total Time: \_\_\_\_\_

Today's Energy Rating (1-10):

Order	Exercise	Sets	Rep Target	Set 1		Set 2		Set 3		Comments
				weight	reps	weight	reps	weight	reps	
1	Wide Grip Lat Pulldown	3	6 - 10							
2	Close Grip Seated Cable Row	3	8 - 12							
3	Cable Bar Straight Arm Pulldown	3	8 - 12							
4	Face Pull	3	10 - 12							
5	Standing Barbell Curl	3	8 - 12							
6	Hanging Knee / Leg Raises	1	10 - 20							
7	Russian Twist with Weights	1	20 - 30							
8	Rope Cable Crunch	1	12 - 15							

**Notes:**

This workout is for all your "pulling" movements, plus some abdominal work.

Warm up: Start with any general warm up, mobility or flexibility exercises of your choice and take light warm up sets as needed, before your work sets

Sets: Perform 3 sets of each exercise (not counting any warm up sets, or abs). If it is a de-load week (every 4th week), then just do two sets, and use the lowest weight and reps you've completed since the last de-load.

Weight: Use a weight you can perform the required reps using good technique and form. If your form is getting sloppy, then use a lower weight.

Rest: Rest as long as needed between sets, start the next set as soon as you feel you have your breath and energy back (normally 1 - 3 minutes)

Progression: Complete the exercise with good form and technique, adjust weight and reps as instructed in the "Program Progression" tab on the advanced workout page.

Cooldown: Stretch carefully after your workout.

Help Needed: Msg me on [GeorgeMinors@iCloud.com](mailto:GeorgeMinors@iCloud.com) if you have any questions about how to complete the workout.

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**Workout 3: LEGS**

Date: \_\_\_\_\_

Start Time: \_\_\_\_\_

Prev Nights Sleep Rating (1-10):

Day: \_\_\_\_\_

Finish Time: \_\_\_\_\_

Prev Meal / Drinks:

QUADS / HAMSTRINGS / CALVES

Total Time: \_\_\_\_\_

Today's Energy Rating (1-10):

Order	Exercise	Sets	Rep Target	Set 1		Set 2		Set 3		Comments
				weight	reps	weight	reps	weight	reps	
1	Barbell Squat	5	6 - 12							
2	Romanian Deadlift	4	8 - 12							
3	Machine Leg Extensions	3	12 - 15							
4	Machine Leg Curls	3	12 - 15							
5	Standing Calf Raises	3	15 - 20							

**Notes:**

- This workout is the famous "leg day"!
- Warm up: Start with any general warm up, mobility or flexibility exercises of your choice and take light warm up sets as needed, before your work sets
- Sets: Perform 3 sets of each exercise (not counting any warm up sets, or abs). If it is a de-load week (every 4th week), then just do two sets, and use the lowest weight and reps you've completed since the last de-load.
- Weight: Use a weight you can perform the required reps using good technique and form. If your form is getting sloppy, then use a lower weight.
- Rest: Rest as long as needed between sets, start the next set as soon as you feel you have your breath and energy back (normally 1 - 3 minutes)
- Progression: Complete the exercise with good form and technique, adjust weight and reps as instructed in the "Program Progression" tab on the advanced workout page.
- Cooldown: Stretch carefully after your workout.
- Help Needed: Msg me on [GeorgeMinors@iCloud.com](mailto:GeorgeMinors@iCloud.com) if you have any questions about how to complete the workout.
- Workout Link: Direct link to the workout Program is here: <https://www.georgehealth.com/toolkit/workouts/advanced-workouts/>