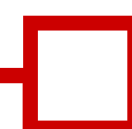
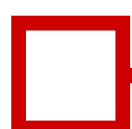


Advanced Programming

This exercise programming is designed for someone more advanced in their training and is looking for a challenge. This programming accounts for years of prescribing exercise routines alongside owning 2 CrossFit gyms. If you are confident in your abilities in the gym and are up for a challenge, this will certainly fit the bill. There will be a variety of cardio, bodyweight, free weight, and machines used throughout the workouts listed. Adjust weights, reps, and exercises as needed to scale a workout if it seems a bit too challenging. If you aren't familiar with what an exercise is then please look it up or ask for help identifying it.



M

10x10 Pullups

(Start with Bodyweight for as many reps as possible each set then move to assist)

With 20 Core Ab exercises between sets for rest

then

10x10 Single Arm Concentration Dumbbell Bicep Curls
alternating arms with no break

T

10 sets of

10 Seated Dumbbell Shoulder Press

10 Dumbbell Lateral Raises

10 Dumbbell Halos each way

Rest 1 min

Then

50 Pikes

W

100 Burpees for time

Advanced Programming

TH

Rest

F

Perform each set as follows with the exercises listed.

ie 10 pullups-20 pushups-10 Dips, 9 Pullups-18 Pushups-9 Dips and so one.

10-20-10

9-18-9

8-16-8

7-14-7

6-12-6

5-10-5

4-8-4

3-6-3

2-4-2

1-2-1

Pullups-Pushups-Dips

S

3 sets of 5 mins Walking Lunges
With 50 Situps between sets

S

30 mins Walking at 10% incline as fast as you can

Advanced Programming

M

100 Mountain Climbers each leg
90 Squats
80 Pushups
70 Leg Lifts
60 Dips off Bench
50 Squat Side to Side Jumps
40 Russian Twists to each side
30 Plank pushups
20 Burpees
10 Pikes

T

Rest

W

5x5 Bench Press
5x5 Deadlift
5x5 Shoulder Press
Perform 40 seconds of Core work between sets

TH

10-9-8-7-6-5-4-3-2-1
Barbell Rows
Dumbbell Thrusters

F

10 min Elliptical Warmup
12x0.25 mile Run on Treadmill at 90% effort
Walk 1 min between sets

Advanced Programming

S

Rest

S

50 V-ups

50 Pushups

50 Lunge Jumps

50 Dumbbell Shoulder Press

50 Step Ups

50 Dumbbell Bent Over Rows

50 Broad Jumps

50 Toe Touches

M

5x1,000m Row for time

Walk 2 mins between each set

T

7x10 Inverted Rows off Smith Machine

Superset with 10 Incline Dumbbell Presses

Rest 30 seconds

Then

5x10 Dumbbell Bicep Curls Sitting on the Incline Bench you used for the Presses

Superset with 10 Skull Crushers

W

Rest

Advanced Programming

TH

3 rds, perform all 10 reps and rest as much as needed between exercises

- 10 Decline Pushups
- 10 Incline Pushups
- 10 Spiderman Pushups
- 10 Close-grip Pushups
- 10 One Leg Pushups
- 10 Eccentric Pushups
- 10 Traditional Pushups
- 10 Wide-Grip Pushups

Then

10 mins Stair Master (better if it's a step mill) as many floors as possible.

F

5x10 Narrow Pullups, 5x10 Wide Pullups

(Start with Bodyweight for as many reps as possible each set then move to assist, alternate sets wide/narrow/chin up)
With 20 Squat Jumps between sets for rest

then

10 mins Elliptical as far as possible.

S

Hold 25 lb Dumbbells in each hand for Squats

- 50 Regular Squats, 50 Situps
- 40 Narrow Feet Squats, 40 Leg Lifts
- 30 Wide Feet Squats, 30 Reverse Crunches
- 20 Narrow Squats, 20 Russian Twists
- 10 Wide Squats, 10 V-ups

Advanced Programming

S

rest

M

10-9-8-7-6-5-4-3-2-1 reps of

Pullups

Bench Press

(Make each set challenging for the reps, rest 1 min after the BP)

then

10 mins Running as far as possible.

T

5x8 Leg Press Wide Feet

5x8 Leg Press Narrow Feet

5x8 Leg Extensions

5x8 Leg Curls

10 reps any Core Exercise between exercise sets

W

Cardio - Elliptical

8 min wWrmup

5x1 min hard, 1 min easy

4x2 min hard, 1 min easy

3x3 min hard, 1 min easy

2x4 min hard, 1min easy

1x5 min hard

6 min warmup

Advanced Programming

TH

rest

F

Dumbbell Incline Press Rack Run

3 sets of as many reps as possible at

IE. 40lb Dumbbell straight into 35 lbs straight into 30 lbs straight into 25 lbs straight into 20 lbs

Rest 3 mins between sets

then

Machine Shoulder Press weight plate run

3 sets of as many reps as possible at

Start at a weight plate that's heavy enough for 10-12 reps then drop 5 lb plates each set getting as many reps as possible for a total of 5 sets per time

Rest 3 mins between sets

Then

10 mins Bicycling as far as possible.

S

Single Arm Dumbbell Rows with a heavy weight you can do for 8-10 reps

Rest completing 30 situps between sets

Repeat 5 times totaling 15 sets per arm for complete workout

Advanced Programming

S

Rest

M

5 sets each, 8 reps first set, superset 12 reps

Straight Arm Cable Pulldown
Superset with Underhand Barbell Row

Wide Grip Lat Pulldown
Superset with Underhand Lat Pulldown with a weight 1 plate lighter

Bicep Barbell Curls
Superset with Bicep Dumbbell Curls

then
100 Toe Touches

T

4 sets each, 8 reps
Leg Press wide and high foot placement
Superset with 20 Squats Jumps
Rest 1 min

Then
Leg press narrow and low foot placement
Superset with 20 Lunge Jumps
Rest 1 min

Then
Leg Press normal foot placement
Superset with 20 Side To Side Squat Jumps each

then
10x1 min Sprint Run, 1 min Walk

Advanced Programming

W

Death By Pullups

Continuously add 1 Pullup every minute until you can't complete the reps for the min.

then

6x10 Bicep Dumbbell Curls

Then

100 Russian Twists

TH

Rest

F

5x6 Back Squats

5x6 Stiff Leg Deadlifts

5x6 Barbell Deadlift

then

100 Reverse Crunches

S

8 min warmup on Bicycle

5x1 min hard, 1 min easy

4x2 min hard, 1 min easy

3x3 min hard, 1 min easy

2x4 min hard, 1min easy

1x5 min hard

6 min warmup

Advanced Programming

W

8 sets of as many reps as possible in 60 seconds
Perform 10 reps of Core exercises between sets

- Pullups
- Inverted Body Rows on Smith Machine
- Dumbbell Bicep Curls

TH

2 Rounds
10 mins Stair Stepper
10 mins Rower
First 5 mins at moderate pace
Second 5 mins hard-challenging

F

rest

S

50 Pushup, 50 Situps
40 Pushup, 40 Reverse Crunch
30 Pushup, 30 Toe Touches
20 Pushup, 20 Leg Lifts
10 Pushup, 1 min Plank Hold on hands

S

Use same weight for each exercise
5 rounds
15 Sumo Deadlift High Pull
30 Walking Weight Lunges