



LifeHack

Advanced Workout Routine for Men

Day 1: Chest & Back Workout

Barbell Bench Press: work 5 rep max today

Set 1 at 50% - aim for 1 set of 5 reps
Set 2 at 60% - aim for 1 set of 5 reps
Set 3 at 70% - aim for 1 set of 5 reps
Set 4 at 80% - aim for 1 set of 5 reps
Set 5 at 90% - aim for 1 set of 5 reps
Set 6 at 100% - aim for 1 set of 5 reps

Incline Dumbbell Press
aim for 3 sets of 6-8 reps

Dips
aim for 3 sets of 6-10 reps

Pullups
aim for 3 sets of 5-8 reps

Pendlay Rows
aim for 3 sets of 6-10 reps

Pulldowns
aim for 3 sets of 6-10 reps

Day 2: Legs Workout

Squats: work 5 rep max on day 2

Set 1 at 50% - aim for 1 set of 5 reps
Set 2 at 60% - aim for 1 set of 5 reps
Set 3 at 70% - aim for 1 set of 5 reps
Set 4 at 80% - aim for 1 set of 5 reps
Set 5 at 90% - aim for 1 set of 5 reps
Set 6 at 100% - aim for 1 set of 5 reps

Leg Press
aim for 3 sets of 6-10 reps

Stiff-Legged Deadlift
aim for 5 sets of 5 reps

Hamstring Curls
aim for 3 sets of 6-8 reps

Calf-Raise
aim for 5 sets of 10 reps

Day 3: Shoulders and Arms Workout

Military Press or Dumbbell Press
aim for 3 sets of 6-8

Lateral Raises
aim for 5 sets of 10 reps

Barbell Curls
aim for 5 sets of 6-10 reps

Dumbbell Curls
aim for 3 sets of 6-10 reps

Day 4: Rest

Keep the day for rest and let your muscles regain the strength. It would help you get ready for the next round of training.

Day 5: Chest, Shoulders, and Triceps Workout

Flat Dumbbell Press
aim for 5 sets of 20-8 (Pyramiding) reps

Incline Dumbbell Press
aim for 3 sets of 6-10 reps

Hammer Strength Press
aim for 3 sets of 10 reps

Cable Flys
aim for 3 sets of 12-15 reps

Lateral Raises
aim for 5 sets of 15-20 reps

Reverse-Grip Pull-Downs
aim for 5 sets of 15-20 reps

Day 6: Back and Biceps Workout

Barbell Rows
aim for 5 sets of 20-8 (Pyramiding) reps

Barbell Shrugs
aim for 3 sets of 15-20 reps

Rack Deadlifts
aim for 3 sets of 10-12 reps

Pullups
aim for 3 sets of 6-10 reps

Pulldowns
aim for 3 sets of 6-10 reps

Day 7: Legs Workout

Front Squats
aim for 5 sets of 20-8 (Pyramiding) reps

Leg Extensions
aim for 5 sets of 10 reps

Hamstring Curls
aim for 5 sets of 6-10 reps

Seated Calf Raise
aim for 5 sets of 6-10 reps

Standing Calf Raise
aim for 3 sets of 8-12 reps

Advanced Home Workout Tips 8879

Ian Pickup



Advanced Home Workout Tips 8879:

Adopting the Track of Appearance: An Psychological Symphony within **Advanced Home Workout Tips 8879**

In a global taken by monitors and the ceaseless chatter of quick connection, the melodic beauty and mental symphony produced by the written term usually diminish into the back ground, eclipsed by the persistent noise and disturbances that permeate our lives. Nevertheless, located within the pages of **Advanced Home Workout Tips 8879** a charming literary prize brimming with fresh feelings, lies an immersive symphony waiting to be embraced. Constructed by a wonderful composer of language, this interesting masterpiece conducts viewers on a psychological journey, skillfully unraveling the concealed melodies and profound affect resonating within each carefully crafted phrase. Within the depths of the emotional review, we shall explore the book is key harmonies, analyze its enthralling publishing design, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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