

## Advance Full Body Workout Workout by A.J.

### SUNDAY

Heavy Bench

75% of one rep max x 6 reps

78% of one rep max x 5 reps

82% of one rep max x 4 reps

85% of one rep max x 3 reps

88% of one rep max x 2 reps

91% of one rep max x 1 (91%)

Final end rep (around 90%)

#### Triceps

Close Grip Bench Press 3 sets x 3 reps (75%)

Skull Crushers (Light) 3 sets of 8 reps

Dumbbell Kickbacks 3 sets of 8 reps

Rope Pushdowns 3 sets of 8 reps

#### Abs

Crunches 3 sets of 25 reps

Cable Crunches 3 sets of 25 reps

### WEDNESDAY

Shoulders

Barbell Military Press 3x8

Dumbbell Shrugs 3x6

Incline Presses 3x6

Front Delt Raises 3x8

Shoulder Flyes 3x8

#### Triceps

One Arm Skull Crushers 3x6

Barbell Skull Crushers 3x6

One-Arm Rope Pushdowns 3x8

#### Abs

Crunches 3x25

Cable Crunches 3x25

### MONDAY

Back

Pull-Ups 4 sets of 10 reps

T-Bar Row or Barbell Row 3 sets of 8 reps

Dumbbell Row 3 sets of 8 reps

Lat Pulldown 3 sets of 8 reps

#### Abs

Crunches 3 sets of 25 reps

Cable Crunches 3 sets of 25 reps

### THURSDAY

Legs 3x8

Squat 3x8

Leg Press 3x8

Single Leg Press 3x12

Leg Extension 3x8

Leg Curl 3x8

#### Abs

Crunches 3x25

Cable Crunches 3x25

### TUESDAY

OFF

### FRIDAY

OFF

### SATURDAY

OFF