

# Female Advanced Prog



**TRAIN HARD**

**TRAIN INTENSE**

**TRAIN TO FAILURE**

## TRAINING SPLIT



**SESSION 1 - LOWER 1**

**SESSION 2 - UPPER**

**SESSION 3 - LOWER 2**

**SESSION 4 - INTERVALS**

## TRAINING PLAN



**Every set is to failure.** No if's, no but's. Full range of motion, perfect form. We advise you to perform 1-2 warm-up sets prior to starting your 3 failure sets. This increases the overall volume of the workout and prepares you for the movement coming up.

### LOWER 1

- **Hyper Extension 3 x 12**

- Single Leg Glute Bridge 3 x 12
- Seated Leg Curl 3 x 6-8 (3<sup>rd</sup> set = drop set 4/4/4)
- BB Stiff Leg Deadlift 3 x 4-5
- Lying Leg Curl 3 x 6-8 (3<sup>rd</sup> set = drop set 4/4/4)
- Single Leg Press 3 x 6-8
- DB Split Squat 2 x 6-8
- BB Hip Thrusts 3 x 8-10

## UPPER

- Life Fitness Machine Row 3 x 8-10
- 1 Arm Gym 80 Pull Down 3 x 6-8
- Machine Lateral Raise 3 x 10/10/10 (every set drop set)
- Superset. DB Shoulder Press & Bent Over DB Row 3 x 6-8 & 12-15
- Seated Cable Row 3 x 6-8
- Assisted Dips 3 x 8-10

## Lower 2

- Hip Abduction 3 x 20 (3<sup>rd</sup> set = drop set 10/10/10)
- Leg Extension 3 x 20 (3<sup>rd</sup> set = drop set 10/10/10)
- Hack Squat 3 x 8-10 (keep tension, no pause at the top)
- Horizontal Leg Press 3 x 20 (keep tension, no pause)
- Smith Machine Squat 3 x 12-15
- DB Walking Lunges 3 x 16 (8 each leg)

## Intervals

- 5 min spin bike warm up
- Assault Bike 5 x 20s on / 40s off
- Ski Erg 5 x 20s on / 40s off
- Curve Treadmill Sprints 5 x 20s / 60s off

## PROGRAM DURATION



This program is designed for a **4-8 week INTENSE training block**. You should lower the volume and intensity **when you can no longer recover from your training**. If training to your maximum, this will usually be **within 8 weeks**. After this, we suggest a period of **2-4 weeks where you aren't training to failure every workout**.

## GOT QUESTIONS?

Shoot us a **WhatsApp** for a voice note back: **07891341128**