

BODY MAKEOVER ADVANCED TRAINING PLAN

DAY 1: QUADS & GLUTES

Exercise	Sets	Reps
Leg extensions	4	15-20
Squats	4	15-20
Lunges	4	15-20 per leg
Leg press	4	15-20
Weighted glute standing side lifts	4	15-20 per leg
Standing rear lifts	4	15-20 per leg

DAY 2: SHOULDERS, TRICEPS & CALVES

Exercise	Sets	Reps
Seated dumbbell press	4	15-20
Standing side raises	4	15-20
Bent over rear raises	4	15-20
Face pull (with rope)	4	15-20
Tricep extensions	4	15-20
Dumbbell overhead tricep press	4	15-20
Leg press calf extensions	4	20-30
Seated calf raises	4	20-30

DAY 3: HAMSTRINGS, GLUTES & ABS

Exercise	Sets	Reps
Lying leg curls	4	15-20
Stiff legged deadlifts	4	15-20
Leg press	4	15-20
Glute standing side lifts	4	15-20
Hip thrusts	4	20-30
Free weight squats	1	50
Decline bench crunches	3	20
Hanging leg raises	3	20
V-Ups front & side	3	20
Side plank	4/side	30-60 sec.

DAY 4: BACK, BICEPS & CALVES

Exercise	Sets	Reps
Lat pulldown wide grip	4	15-20
Lat pulldown close grip	4	15-20
One arm bentover rows	4	15-20
Hyper extensions	4	15-20
Standing dumbbell curls	4	15-20
Hammer curls	4	15-20
Standing calf raises	4	20-30
Seated calf raises	4	20-30

DAY 5: TRICEPS, CHEST & SHOULDERS

Exercise	Sets	Reps
Seated behind head barbell press	4	15-20
Cable push down	4	15-20
Cable rope push down	4	15-20
Seated dumbbell press	4	15-20
Standing side raises	4	15-20
Bent over dumbbell lateral raise	4	15-20
Incline bench bent over dumbbell lateral raise	4	15-20
Barbell bench press	4	15-20
Incline dumbbell press	4	15-20

DAY 6: LEGS

Exercise	Sets	Reps
Leg extensions	4	15-20
Leg curls	4	15-20
Leg press	4	15-20
Stiff legged deadlifts	4	15-20
Jumping lunges	4	10-15 per leg
Jumping squats	4	15-20
Plank	4	30-60 sec.
Swiss ball cruches	4	20-30

DAY 7: REST DAY