



FUTURE FITNESS TRAINING PROGRAMME

ADVANCED - 5 DAY SPLIT

DAY 1

PUSH

WARMUP CV EQUIPMENT/ACTIVITY	Arc trainer.	5-10 MINUTES			
EXERCISE	WARM UP SETS	WARM UP REPS	WORKING SETS	WEEKS 1-6 REPS	WEEKS 7 -12
1. Incline Dumbbell press	2	5-8	2/3	1 X 8-12 1 X 5-8	2 X 12-15 1 X 6-10
2. Prime Seated shoulder press	2	5-8	2/3	1 x 5-8 1 x 8-12	2 x 8-12 1 x 5-8
3. Hammer strength Flat press	2	5-8	3	2 X 5-9 1 X 10-12	2 X 8-12 1 X 5-8
4. Panatta Lateral raise	0	0	3	3 X 10-12	3 X 12-15
5. Hammer strength pec deck	0	0	3	3 X 12-15	3 X 12-15
6. Prime chest press (narrow grip)	0	0	3	3 X 12-15	3 X 12-5



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DAY 2

PULL

WARMUP CV EQUIPMENT/ACTIVITY	Arc trainer.	5-10 MINUTES			
EXERCISE	WARM UP SETS	WARM UP REPS	WORKING SETS	WEEKS 1-6 REPS	WEEKS 7 -12
1. Narrow grip pulldown (prime attachment)	0	0	3	3 X 8-12	3 X 12-15
2. Precor T-Bar row	2	5-8	2/3	1 x 5-8 1 x 8-12	2 x 8-12 1 x 5-8
3. Seated hammer strength row	2	5-8	3	2 X 5-9 1 X 10-12	2 X 8-12 1 X 5-8
4. Straight arm pulldown	0	0	3	3 X 10-12	3 X 12-15
5. Single arm dumbbell row	0	0	3	3 X 12-15	3 X 12-15
6. Hammer Strength reverse pec deck	0	0	3	3 X 12-15	3 X 12-15



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DAY 3

LEGS

WARMUP CV EQUIPMENT/ACTIVITY	Arc trainer.	5-10 MINUTES			
EXERCISE	WARM UP SETS	WARM UP REPS	WORKING SETS	WEEKS 1-6 REPS	WEEKS 7 -12
1. Cybex Leg extension	0	0	3	3 X 8-12	3 X 12-15
2. Barbell squat	2	5-8	2/3	1 x 5-8 1 x 8-12	2 x 8-12 1 x 5-8
3. Hammer strength Split squat	2	5-8	3	2 X 5-9 1 X 10-12	2 X 8-12 1 X 5-8
4. Cybex single leg curl	0	0	3	3 X 10-12	3 X 12-15
5. Walking lunges	0	0	3	3 X 12-15	3 X 12-15
6. Booty builder	0	0	3	3 X 12-15	3 X 12-5



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DAY 4

PUSH 2

WARMUP CV EQUIPMENT/ACTIVITY	Arc trainer.	5-10 MINUTES			
EXERCISE	WARM UP SETS	WARM UP REPS	WORKING SETS	WEEKS 1-6 REPS	WEEKS 7 -12
1. Hammer strength pec deck fly	0	0	3	1 X 8-12 1 X 5-8	2 X 12-15 1 X 6-10
2. Incline press variation	2	5-8	2/3	1 x 5-8 1 x 8-12	2 x 8-12 1 x 5-8
3. Hammer strength dip machine	2	5-8	3	2 X 5-9 1 X 10-12	2 X 8-12 1 X 5-8
4. Cybex plate loaded Shoulder press	0	0	3	3 X 10-12	3 X 12-15
5. Tricep cable pushdown	0	0	3	3 X 12-15	3 X 12-15
6. Prime tricep machine	0	0	3	3 X 12-15	3 X 12-5



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DAY 5

PULL 2

WARMUP CV EQUIPMENT/ACTIVITY	Arc trainer.	5-10 MINUTES			
EXERCISE	WARM UP SETS	WARM UP REPS	WORKING SETS	WEEKS 1-6 REPS	WEEKS 7 -12
1. Lying prime hamstring curl	0	0	3	1 X 8-12 1 X 5-8	2 X 12-15 1 X 6-10
2. Romanian Deadlift	2	5-8	2/3	1 x 5-8 1 x 8-12	2 x 8-12 1 x 5-8
3. Barbell row	2	5-8	3	2 X 5-9 1 X 10-12	2 X 8-12 1 X 5-8
4. Wide grip lat pulldown	0	0	3	3 X 10-12	3 X 12-15
5. Precor T-Bar row	0	0	3	3 X 12-15	3 X 12-15
6. Cable row (narrow grip)	0	0	3	3 X 12-15	3 X 12-5