

## GYM PROGRAM ADVANCED

10.1.2022 - 7.3.2022

Remember to warm up before the training for 5-15 minutes and to cool down with an aerobic exercise for atleast 5-15 minutes.

Program 1 | 5 exercises

### Low bar squat

Sets: 3-4    Reps: 10    Rest: 90-120 sec.

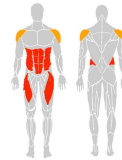
1. Hold the bar against the upper back and the back of the shoulders with a wide grip. Squeeze your shoulder blades together so that the bar is secured firmly on top of the shoulders.
2. Raise the bar from the rack, take a couple of steps backwards and stand with feet hip width apart. Toes are pointed slightly outward. Contract your abdominal and trunk muscles.
3. Push your hips first backwards so that the weight moves to the heels and begin descending thereafter. Hold your breath while descending.
4. Ascend back to the starting position while breathing out.



### Toes to bar

Sets: 3-4    Reps: 10    Rest: 90-120 sec.

1. Grasp a bar with shoulder-width overhand grip. Let the legs hang straight down. Pull in the stomach and breathe in.
2. Pull the legs up towards the bar while breathing out.
3. Lower the legs in a controlled manner while breathing in.



## Wide lat pulldown (overhand grip)

Sets: 3-4

Reps: 10

Rest: 90-120 sec.

1. Grasp the bar hands wider than your shoulders and palms facing forward. Sit on the seat, feet against the ground and thighs against the pad. Begin with straight arms and let your shoulders rise towards your ears. Breathe in.
2. Begin the exercise by leaning slightly back and same time pull the shoulders down.
3. Continue the movement by pulling the bar down towards your upper chest. Breathe out during the pull and squeeze the shoulder blades slightly together at the end of the motion.
4. Return the arms to the start position in a controlled manner while breathing in. Let your shoulders rise so that you feel the stretch in the upper back muscles.



## Barbell bench press

Sets: 3-4

Reps: 10

Rest: 90-120 sec.

1. Draw the shoulder blades together and lie on a bench so that your eyes are directly under the bar. Grasp the bar with an overhand grip about shoulder width apart and place the feet firmly on the floor.
2. Raise the bar from the rack so that the arms are straight. Breathe in and lower the bar to the lower chest in a controlled manner.
3. Push the bar back to the top position while breathing out.



## Push press; Dumbbells

Sets: 3-4

Reps: 10

Rest: 90-120 sec.

1. Grab the dumbbells and lift them against your shoulders. Take a hip-width stance. Tighten the core.
2. Begin the movement by bending slightly at the knee (line the knees vertically over your toes) and breathe in.
3. Push with the legs and press the dumbbells so that the arms are straight while breathing out. Squeeze your glutes tight at the top position.
4. Lower the dumbbells simultaneously bending the knees until it lands against your shoulders. Breathe in during the lowering phase.

