

LOOVA **FIT**

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Equipment:   

**1-WEEK**

**ADVANCED**

**WORKOUT ROUTINE**



# **PLAN** INTRODUCTION

This advanced-level workout plan is aimed at those who are already gym buffs and would like to reach the next level of fitness routine. Since this routine is more demanding, the training is set for 6 days per week. You will get one day of rest for recovery. This exercise program aims to give you a fantastic physique.



*It is advised that you meet in person with a licensed health professional before beginning any exercise program. All of the information is for educational purposes and is not intended to diagnose or treat medical or health conditions.*



# WORKOUT PLAN

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## DAY 1

### Chest and Back Workout

- 1 Barbell Bench Press:** *work 5 rep max*  
Set 1 at 50% - aim for 1 set of 5 reps  
Set 2 at 60% - aim for 1 set of 5 reps  
Set 3 at 70% - aim for 1 set of 5 reps  
Set 4 at 80% - aim for 1 set of 5 reps  
Set 5 at 90% - aim for 1 set of 5 reps  
Set 6 at 100% - aim for 1 set of 5 reps
- 2 Incline Dumbbell Press:** *aim for 3 sets of 6-8 reps*
- 3 Dips:** *aim for 3 sets of 6-10 reps*
- 4 Pullups:** *aim for 3 sets of 5-8 reps*
- 5 Pendlay Rows:** *aim for 3 sets of 6-10 reps*
- 6 Pulldowns:** *aim for 3 sets of 6-10 reps*

## DAY 2

### Legs Workout

- 1 Squats:** *work 5 rep max on day 2*  
Set 1 at 50% - aim for 1 set of 5 reps  
Set 2 at 60% - aim for 1 set of 5 reps  
Set 3 at 70% - aim for 1 set of 5 reps  
Set 4 at 80% - aim for 1 set of 5 reps  
Set 5 at 90% - aim for 1 set of 5 reps  
Set 6 at 100% - aim for 1 set of 5 reps
- 2 Leg Press:** *aim for 3 sets of 6-10 reps*
- 3 Stiff-Legged Deadlift:** *aim for 5 sets of 5 reps*
- 4 Hamstring Curls:** *aim for 3 sets of 6-8 reps*
- 5 Calf-Raise:** *aim for 5 sets of 10 reps*

## DAY 3

### Shoulder and Arms Workout

- 1 Military Press or Dumbbell Press:** *aim for 3 sets of 6-8*
- 2 Lateral Raises:** *aim for 5 sets of 10 reps*
- 3 Barbell Curls:** *aim for 5 sets of 6-10 reps*
- 4 Dumbbell Curls:** *aim for 3 sets of 6-10 reps*

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## DAY 4

### REST!

Keep the day for rest and let your muscles regain the strength. It would help you get for the next round of training.

## DAY 5

### Chest, Shoulders, Triceps Workout

- 1 Flat Dumbbell Press:** *work aim for 5 sets of 20-6 (Pyramiding) reps*
- 2 Incline Dumbbell Press:** *aim for 3 sets of 6-10 reps*
- 3 Hammer Strength Press:** *aim for 3 sets of 10 reps*
- 4 Cable Flys:** *aim for 3 sets of 12-15 reps*
- 5 Lateral Raises:** *aim for 5 sets of 15-20 reps*
- 6 Reverse-Grip Pull-Downs:** *aim for 5 sets of 15-20 reps*

## DAY 6

### Back and Biceps Workout

- 1 Barbell Rows:** *waim for 5 sets of 20-8 (Pyramiding) reps*
- 2 Barbell Shrugs:** *aim for 3 sets of 15-20 reps*
- 3 Rack Deadlifts:** *aim for 3 sets of 10-12 reps*
- 4 Pullups:** *aim for 3 sets of 6-10 reps*
- 5 Pulldowns:** *aim for 3 sets of 6-10 reps*

## DAY 7

### Legs Workout

- 1 Front Squats:** *aim for 5 sets of 20-8 (Pyramiding) reps*
- 2 Leg Extensions:** *aim for 5 sets of 10 reps*
- 3 Hamstring Curls:** *aim for 5 sets of 10 reps*
- 4 Seated Calf Raise:** *aim for 5 sets of 6-10 reps*
- 5 Standing Calf Raise:** *aim for 3 sets of 8-12 reps*



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