



# Example Program 3:

## Advanced Muscle and Fitness Workout

### WORKOUT GOAL:

If you can hit the gym a few times per week, and want some more variety, this program incorporates two different workouts you can alternate between, as well as extra cardio at the end.

### LET'S GET STARTED:

We've used our Online Workout Guide to create a program that will challenge you and hit every muscle from several angles. Use this workout program if you're coming to the gym 3 or more times per week, and want good variety in your program, while still hitting every major muscle group.

### WORKOUT ONE

EXERCISE	SETS	REPS
Leg Press	4	8-10
Romanian Deadlift	4	8-10
Push Up	4	8-10
Straight Arm Row with Resistance Band	4	8-10
Cardio Training: 30 Minutes		

### WORKOUT TWO

EXERCISE	SETS	REPS
Step Up	4	8-10
Leg Curl Machine	4	8-10
Dumbbell Shoulder Press	4	8-10
Seated Row Machine	4	8-10
Cardio Training: 30 Minutes		

### WORKOUT NOTES:

You can also complete these workouts as supersets. This means you'll pair the Leg Press with the Romanian Deadlift, and the Push Up with the Straight Arm Row etc.

To complete each superset, take turns completing a set of two exercises back to back. Do this for 4 sets, taking 30-60 seconds rest between each set.

Complete 8-10 reps of each exercise. When you can complete 4 sets of 10 reps with any exercise, increase the weight you're using.

After your lower body workout, you complete an upper body workout. This gives your legs enough time to recover before hitting your cardio workout. You can go back and watch our Cardio section in the Exercise Library for what to do.

This workout is tougher than it looks, especially when you focus on progressively building what you're doing with the weights you are lifting, and monitoring your heart rate in the cardio training.