

Advanced Gymnastics Program

Start your workout with a 7–10 minute warm-up on the treadmill at a light pace.

Tip: Add ab training twice a week (3–4 exercises, 3x15–20 reps).

Day 1 – Push (Chest, Shoulders, Triceps)

- Flat Barbell Bench Press – 4x6–8
- Incline Dumbbell Press – 3x8–10
- Overhead Shoulder Press – 3x8–10
- Dips – 3x8–12
- Lateral Raises – 3x12–15
- Rope Triceps Pushdown – 3x12–15

Day 2 – Pull (Back, Biceps, Rear Shoulders)

- Deadlifts – 4x5–6
- Pull-Ups – 3x8–10
- Barbell Row – 3x8–10
- Face Pulls – 3x12–15
- Curls Superset – 3x12–15
- Shrugs – 3x12–15

Day 3

- Rest

Day 4 – Lower (Legs & Abs)

- Squats – 4x6–8
- Romanian Deadlifts – 3x8–10
- Bulgarian Split Squats – 3x10–12
- Leg Curls – 3x12–15
- Calf Raises – 4x15–20
- Abs – 3x12–15

Day 5 – Upper (Strength Focus)

- Incline Bench Press – 4x6–8
- Row – 3x8–10
- Shoulder Press – 3x10–12
- Dips/Close-Grip Bench – 3x8–12
- Rear Delts – 3x12–15
- Arms Superset – 3x12–15

Day 6 & 7

- Rest