

THE ULTIMATE ADVANCED PRO BODYBUILDING WORKOUT



After the great success of the TBFK training, I decided to make a new one even more advanced for athletes with greater needs than those who practice more amateur gym or intermediate athletes, this training unlike many others that you can find on the web it's much different for several factors, first the adopted techniques of the superseries allow numerous advantages such as increasing the strength and reducing drastically the time of the training session using the classic and famous method of short but intense, the second factor and that in general a muscular district after being trained takes about 48/78 hours for a complete recovery that varies greatly even if its power supply and integration fully respects the amount of work in order to achieve the final result for which you aspire, a third factor then and that in the classic cards that you can find in the gym or around the net all reach a limit of evolution because the stimulation are always the same and without varying you will reach a phase of stalled and also in progressing with loads training, with results of minor increase in hypertrophy, this training is therefore structured on 6 weekly sessions with double split with variation of exercises between the various sessions of the same group that is going to be repeated in order to always have different stimulation with the aim of bringing even the techniques of superseries guarantee a good level of hypertrophy and gain of strength and physical performance to have a more reactive and performing body but also to give a optimal metabolic boost and allow to burn numerous calories both during sessions and even hours after training during the day, moreover, this will also allow an appropriate feeding of go to reduce the percentage of fat mass in favor of the lean, this workout is designed for a duration of 8 weeks and can be used for those who want to get a good muscle, however always in a period where you feel like you're well physically.

So let's see below how the training is structured!

On Monday - Wednesday - Friday, will be dedicated to training the Pectorals - Back - Quadriceps - Calves and Abdominal.

While Tuesday - Thursday - Saturday will be dedicated to training the Arms - Shoulders - Femoral – Abdominals.

The only variant that when will be the day where you will have to re-group again the group some exercises will be different to always have different stimulation also from different angles of work and intensity the method for the most part remains unchanged, the training will be divided into a low intensity cardio session early in the morning to allow a good vascularization to the muscular tissues and start immediately to raise your metabolism and burn calories besides this guarantee an increase in the reduction time of muscle recovery, after a good breakfast, spend a few hours you will perform the first part of the training while in the afternoon you will perform the second part, the sessions will not be extreme but fairly small in time this will allow the right recovery between the sessions, moreover, it is also possible to divide the training into 3 weekly sessions, alternating the training sessions as in the various days indicated below and in the remaining days always of low intensity cardio, another alternative could be divide the workout on Monday – Tuesday, Thursday – Friday training the same group only 2 times at week rather than 3.

Some advice that I can give you and that to warm up well before each session, even if it is not indicated in the program as well as the defatimaneto and stretching and isometric exercises of muscular contraction of the trained group should always be performed!

Adequate nutrition and that which underlies everything but also an adequate integration of isolated proteins, creatine, bcaa, zma, glutamine, multivitamin mineral, can help recovery faster.

Remember also that this 8-week program, as the title clearly says, is dedicated to 'advanced athletes with already years of experience, and who follow a healthy and balanced lifestyle and have a good state of health, training can be adapted to your needs as already mentioned above.

DAY 1

Morning Early: Cardio Low Intensity 30'/40'

Mid Morning: Pectorals – Back

- 1) Bench Press Barbell (SS) Barbell Row 5x6-8 Rec. 1:30**
- 2) High Bench Press Barbell (SS) Lat Machine Prone 4x6-8 Rec. 1:30**
- 3) Crossover Dumbbell (SS) Double Row Dumbbell 3x6-8 Rec. 1:30**
- 4) Dips 3xMAX Rec. 1:30**
- 5) Pullover Dumbbell 3x15 Rec. 1:30**

Evening: Quadriceps - Calves and Abdominal

- 1) Squat Barbell 5x6-8 Rec. 1:30**
- 2) Lunge Barbell 4x8-12 Rec. 1:30**
- 3) Leg Extension 1x1-2-3-4-5-6-7-8-9-10**
- 1) Calf Raises Leg Press 3x15 Rec. 1:30**
- 2) Single Calf Raises (SS) Calf Seated 3x15 Rec. 1:30**
- 1) Crunches 5x25 Rec. 45"**

DAY 2

Morning Early: Cardio Low Intensity 30'/40'

Mid Morning: Biceps - Triceps – Forearms

- 1) Bench Press Close (SS) Curl EZ 5x6-8 Rec. 1:30**
- 2) Push Down With Bar (SS) Curl Alternate With Dumbbell 4x6-8 Rec. 1:30**
- 3) French Press Dumbbell (SS) Curl Hammer Bench 45° 3x6-8 Rec. 1:30**
- 4) Single Curl High Cable 3x6-8 Rec. 1'**
- 1) Wrist Curl 4x10 Rec. 1'**
- 2) Wrist Roller Machine 3xMAX Rec. 1'**

Evening: Shoulders - Femoral – Abdominals

- 1) Military Press 3x6-8 Rec. 1:30**
- 2) Arnold Press 3x8-10 Rec. 1:30**
- 3) Lateral Raise Dumbbell (SS) Front Raise Dumbbell 3x6-8 Rec. 1:30**
- 4) Dumbbell Rear Delt 90° 3x12 Rec. 1:30**
- 1) Romanian Deadlift 4x6-8 Rec. 1:30**
- 2) Leg Curl Prone (SS) Nordic Hamstring Lat 3x6-8 Rec. 1:30**
- 1) Crunches V-UP 5x25 Rec. 45"**

DAY 3

Morning Early: Cardio Low Intensity 30'/40'

Mid Morning: Pectorals – Back

- 1) Bench Press Dumbbell (SS) Lat Behind The Head 5x6-8 Rec. 1:30**
- 2) High Bench Press Dumbbell (SS) Pull Down 4x6-8 Rec. 1:30**
- 3) Decline Bench Barbell (SS) Row Dumbbell 3x6-8 Rec. 1:30**
- 4) Crossover High Cable 6-8-10-15 Stripping**

Evening: Quadriceps - Calves and Abdominal

- 1) Front Squat Barbell 5x6-8 Rec. 1:30**
- 2) Deadlift Barbell 3x6-8 Rec. 1:30**
- 3) Bulgarian Lunge Dumbbell 4x8-12 Rec. 1:30**
- 1) Calf Raises Barbell (SS) Calf Seated 4x15 Rec. 1:30**
- 1) Ball Crunches 5x25 Rec. 45"**

DAY 4

Morning Early: Cardio Low Intensity 30'/40'

Mid Morning: Biceps - Triceps – Forearms

- 1) Push Down With Rope (SS) Curl Barbell 5x6-8 Rec. 1:30**
- 2) High Pulley Overhead Bar (SS) Curl Alternate Bench 45° 4x6-8 Rec. 1:30**
- 3) Kick Back Dumbbell (SS) Curl Hammer Alternate 3x6-8 Rec. 1:30**
- 4) Bench Scott EZ 3x6-8 Rec. 1'**
- 1) Wrist Curl 4x10 Rec. 1'**
- 2) Wrist Roller Machine 3xMAX Rec. 1'**

Evening: Shoulders - Femoral – Abdominals

- 1) Shoulder Press (SS) Lateral Raise With Dumbbell 5x6-8 Rec. 1:30**
- 3) Front Raise With EZ Bench 45° (SS) Pull Rope 4x6-8 Rec. 1:30**
- 4) Shrugs Barbell 4x12 Rec. 30"**
- 1) Romanian Deadlift Dumbbell 4x6-8 Rec. 1:30**
- 2) Leg Curl 4x8-10-12 Stripping Rec. 1:30**
- 1) Reverse Crunches 5x25 Rec. 45"**

DAY 5

Morning Early: Cardio Low Intensity 30'/40'

Mid Morning: Pectorals – Back

- 1) Chest Press (SS) Reverse Lat Machine 5x6-8 Rec. 1:30**
- 2) Neutral Dumbbell Bench Press (SS) Low Pulley 4x6-8 Rec. 1:30**
- 3) Low Cable Cross-Over (SS) T-Bar Row 3x6-8 Rec. 1:30**

Evening: Quadriceps - Calves and Abdominal

- 1) Hack Squat 5x6-8 Rec. 1:30**
- 2) Sumo Deadlift 4x6-8 Rec. 1:30**
- 3) Leg Extension 6x5 Rest Pause 20"**
- 1) Donkey Calf 3x15 Rec. 1'**
- 2) Rotary Calf (SS) Calf Seated 3x15 Rec. 1:30**
- 1) Crunches Twist 5x25 Rec. 45"**

DAY 6

Morning Early: Cardio Low Intensity 30'/40'

Mid Morning: Biceps - Triceps – Forearms

- 1) Incline Bench EZ Extension (SS) Spider Curl 5x6-8 Rec. 1:30**
- 2) Push Down With Rope (SS) Curl Low Cable Bar 4x6-8 Rec. 1:30**
- 3) Seated Dip (SS) Reverse Curl Barbell 3x6-8 Rec. 1:30**
- 4) Curl Dumbbell Isolated 3x6-8 Rec. 1'**
- 1) Wrist Curl 4x10 Rec. 1'**
- 2) Wrist Roller Machine 3xMAX Rec. 1'**

Evening: Shoulders - Femoral – Abdominals

- 1) Military Press Front/Back In 2 Times 3x6-8 Rec. 1:30**
- 2) Single Lateral Raise Low Cable (SS) High Pull EZ 3x6-8 Rec. 1:30**
- 3) Car Drive 3x30" Rec. 1'**
- 1) Leg Curl Standing 3xMethod 21 Rec. 1:30**
- 1) Leg Raise 5x25 Rec. 45"**