



## Advanced 7

A non-ETM format which is suitable for experienced lifters this was an Upper Body day! At this level my class all use notebooks and anote their weights, tempos and rep ranges. I started off my Advanced guys with a rep range of generally around 10-12 reps or 12-15 reps.

We also use a lot of Time Under Tension style reps in order to bolster muscle gain and to increase workload whilst being unable to increase weights due to lack of safety equipment.

Equipment required: Mats, Steps/Benches & Dumbbells/Barbells

This is a Lower Body Workout

### Set 1

<b>Circuit Style 12-15 reps</b>	Squat
<b>3 sets</b>	Glute Bridge
	Romanian Deadlift
	Walking Lunges

### Set 2

<b>Simple Set x3 (6-10 reps)</b>	1.5 Glute Bridge
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### Set 3

<b>Superset – 10-15 reps</b>	1.5 Squat
<b>x3 Sets</b>	Split Squat