

A man in a dark t-shirt is performing a kettlebell lift. He is holding two black kettlebells with red handles, one in each hand, and lifting them above his head with his arms fully extended. The background is dark with blue and purple lighting. The kettlebells have "2 KG" printed on them. The man has a tattoo on his left forearm that says "I won yesterday".

**HERE YOU GO!**

# **Strength Training: Advanced**

**LET'S GET STARTED**

Written by The Quad.  
All Rights to Content Reserved.

# Pre-requisites

- You know all the movements specified in the 'Intermediate' plan, and can execute them flawlessly
- You have (or can) do 4 sets of 10 reps of the sample workouts given in the "Intermediate" plan
- You know all the progressions mentioned at the "Advanced" level.

## The Moves

### Squat

- Jump squat
- Rear foot elevated split squats
- Thrusters (barbell/KB/DB)
- Barbell back squat
- Barbell front squat
- Double KB front squat

### Hinge

- Barbell deadlift
- KB swing
- Broad jump
- Single-leg deadlift

## Push

- Pushup variations
  - decline
  - weighted
  - plyometric
- Heavy overhead press
- Barbell bench press

## Pull

- Pullup variations
  - weighted
  - tempo
- Heavy KB/DB rows

## Core

- Ab wheel rollout
- Elbow side-plank (up to 2 min/side)
- Pallof press
- Farmer carry (100% bodyweight total)
- Suitcase carry (50% bodyweight on one side)
- Bird-dog

THE QUAD

# Putting it all together

Each workout, pick one move for each primary movement

Do a circuit of all 5 movements

Progress from 4 sets of 5 repetitions to 4 sets of 10 repetitions

For example, here are two workouts.

- Workout A

--- Double KB front squat

--- KB swing

--- Overhead Press

--- Weighted pullup

--- Farmer carry

- Workout B

--- RFESS

--- Broad jump

--- Barbell bench press

--- DB Row

--- Pallof press

THE QUAD

On Day 1, you will do 4 rounds of Workout A

- 5 double KB front squats
- 5 OH presses on left
- 10 KB swings
- 5 OH presses on right
- 5 weighted pullups
- 45s farmer carry

On Day 2, you will do 4 rounds of Workout B

- 5 RFESS on left
- 5 barbell bench presses
- 5 RFESS on right
- 5 DB rows
- 5 broad jumps
- 5 pallof presses/side

THE QUAD

Progress from 5 reps to 10 reps on the weighted moves.

And up to the maximum time specified on the other moves.

When you can perform 10 reps, move up in weight.

When you hit the maximum time, change move. You can pick one of the other movement options.

# How many days/week?

**If you are gonna train 2 days a week,**

Mondays: Workout A

Thursdays: Workout B

**If you are gonna train 3 days a week,**

Week 1

Monday: Workout A

Wednesday: Workout B

Friday: Workout A

Week 2

Monday: Workout B

Wednesday: Workout A

Friday: Workout B

THE QUAD

**If you are gonna train 4 days a week,**

Mon: Workout A

Tue: Workout B

Thu: Workout A

Fri: Workout B