

Sample Advanced Bodybuilding Routine: One muscle group a day

Monday: Legs

Front Squats 4x8

Lunges 4x8

Leg press 3x10

Leg extensions 3x10

Leg curls 3x10

Tuesday: Chest

Bench press 4x8

Incline bench 4x10

Hammer press 3x10

Cable fly 3x10

Wednesday: Rest

Thursday: Back

Deadlift 4x8

Bent over rows 3x10

Lat pull-down 3x10

Cable rows 3x10

Pull ups 2xFailure

Friday: Arms

Close grip bench 3x8

Skull crushers 3x10

Dips 3x8 (weighted if possible)

Cable push backs 3x12

Straight bar Curl 4x8

Preacher Curl 3x8

Hammer curls 3x10

Saturday: Shoulders

Seated DB press 4x8

Side raises 3x12

Front plate raises 3x10

Rear Delt raises 3x10

Sunday: Rest