

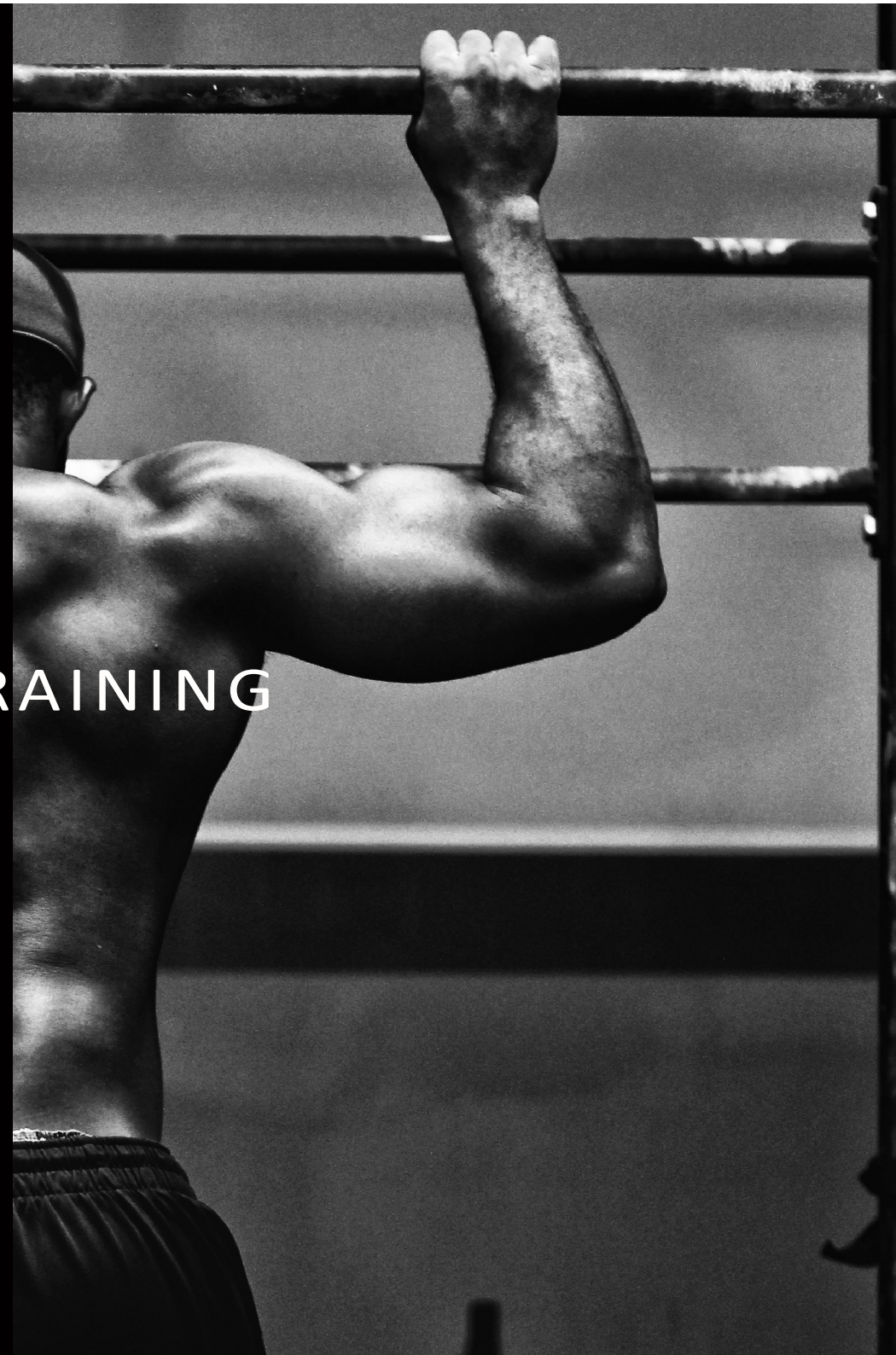


THE GYM ACADEMY

PRESENTS

TGA LEAN BODY HOME TRAINING
ADVANCED VERSION WORKOUT A
WEEKS 1-4

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LEAN BODY HOME TRAINING ADVANCED VERSION. WORKOUT A WEEKS 1-4

SCHEDULE

WORKOUT 1	WORKOUT 2	WORKOUT 3	WORKOUT 4	WORKOUT 5	WORKOUT 6
ANEREROR LOWER SQUAT	UPPER PUSH	POSTERIOR LOWER HINGE	UPPER PULL	ABS & CORE	CORRECTIVE

02

CHOOSE AS MANY WORKOUTS AS YOU LIKE TO DO WITHIN ONE
SESSION DEPENDENT ON TIME

LEAN BODY HOME TRAINING ADVANCED VERSION
 WORKOUT A WEEKS 1-4
 ANTERIOR LOWER SQUAT

EXERCISES	WEEK	SETS	TIME	TEMPO	REST	W/R
A1 – Alternate single leg box squat	1	3	35 sec	4010	10	
	2	3	35 sec	4010	10	
	3	4	45 sec	4010	10	
	4	4	60 sec	4010	10	
A2 – 1 ½ bottom VMO squat (add weighted back pack)	1	3	35 sec	4010	10	
	2	3	35 sec	4010	10	
	3	4	45 sec	4010	10	
	4	4	60 sec	4010	10	
A3 – Jump squat	1	3	35 sec	4010	60	
	2	3	35 sec	4010	60	
	3	4	45 sec	4010	60	
	4	4	60 sec	4010	60	

LEAN BODY HIOME TRAINING ADVANCED VERSION						
WORKOUT A WEEKS 1-4						
UPPER PUSH						
EXERCISES	WEEK	SETS	TIME	TEMPO	REST	W/R
A1 – Handstand push ups	1	3	35 sec	4010	10	
	2	3	35 sec	4010	10	
	3	4	45 sec	4010	10	
	4	4	60 sec	4010	10	
A2 –Rotational push ups	1	3	35 sec	4010	10	
	2	3	35 sec	4010	10	
	3	4	45 sec	4010	10	
	4	4	60 sec	4010	10	
A3 –Cobra push ups	1	3	35 sec	4010	60	
	2	3	35 sec	4010	60	
	3	4	45 sec	4010	60	
	4	4	60 sec	4010	60	

LEAN BODY HIOME TRAINING ADVANCED VERSION
 WORKOUT A WEEKS 1-4
POSTERIOR LOWER HINGE

EXERCISES	WEEK	SETS	TIME	TEMPO	REST	W/R
A1 – Alternate heel touch squat	1	3	35 sec	4010	10	
	2	3	35 sec	4010	10	
	3	4	45 sec	4010	10	
	4	4	60 sec	4010	10	
A2 – Alternate sprinter lunge	1	3	35 sec	4010	10	
	2	3	35 sec	4010	10	
	3	4	45 sec	4010	10	
	4	4	60 sec	4010	10	
A3 – Sprint lunge jumps	1	3	35 sec	4010	60	
	2	3	35 sec	4010	60	
	3	4	45 sec	4010	60	
	4	4	60 sec	4010	60	

LEAN BODY HIOME TRAINING ADVANCED VERSION						
WORKOUT A WEEKS 1-4						
UPPER PULL						
EXERCISES	WEEK	SETS	REPS	TEMPO	REST	W/R
A1 – Pull ups	1	3	35 sec	4010	10	
	2	3	35 sec	4010	10	
	3	4	45 sec	4010	10	
	4	4	60 sec	4010	10	
A2 – Human pullovers	1	3	35 sec	4010	10	
	2	3	35 sec	4010	10	
	3	4	45 sec	4010	10	
	4	4	60 sec	4010	10	
A3 – Inverted chin curls	1	3	35 sec	4010	60	
	2	3	35 sec	4010	60	
	3	4	45 sec	4010	60	
	4	4	60 sec	4010	60	

LEAN BODY HIOME TRAINING ADVANCED VERSION
 WORKOUT A WEEKS 1-4
 CORE & ABS

EXERCISES	WEEK	SETS	REPS	TEMPO	REST	W/R
A1 – Reverse corkscrews	1	3	35 sec	4010	10	
	2	3	35 sec	4010	10	
	3	4	45 sec	4010	10	
	4	4	60 sec	4010	10	
A2 – Black widow knee sliders	1	3	35 sec	4010	10	
	2	3	35 sec	4010	10	
	3	4	45 sec	4010	10	
	4	4	60 sec	4010	10	
A3 – Butterfly crunches	1	3	35 sec	4010	60	
	2	3	35 sec	4010	60	
	3	4	45 sec	4010	60	
	4	4	60 sec	4010	60	

LEAN BODY HOME TRAINING ADVANCED VERSION
 WORKOUT A WEEKS 1-4
CORRECTION

EXERCISES	WEEK	SETS	REPS	TEMPO	REST	W/R
A – Angles & Devils	1	3	35 sec	4010	10	
	2	3	35 sec	4010	10	
	3	4	45 sec	4010	10	
	4	4	60 sec	4010	10	

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