



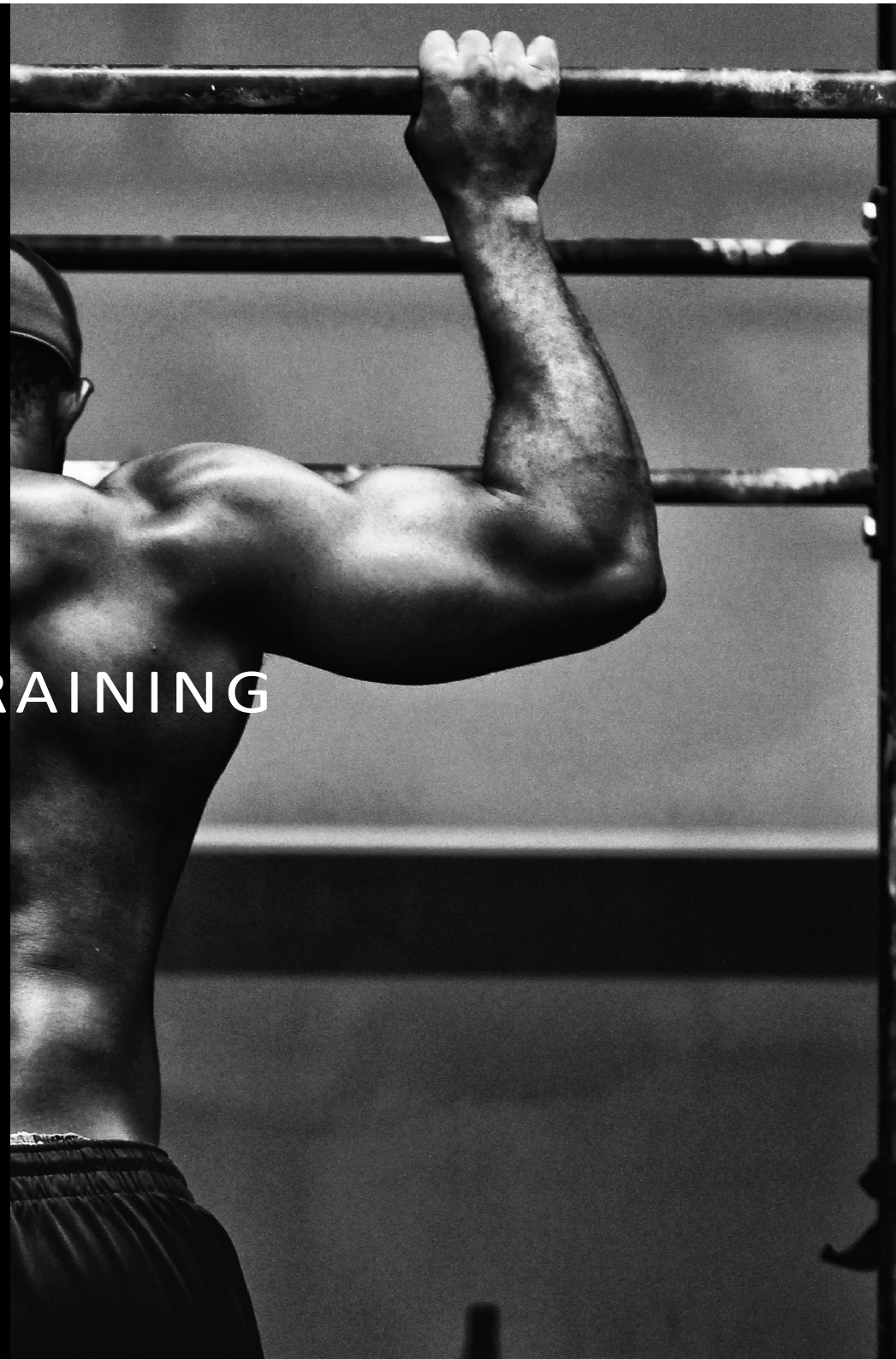
THE GYM ACADEMY

PRESENTS

# TGA LEAN BODY HOME TRAINING

## ADVANCED VERSION WORKOUT B

### WEEKS 1-4





LEGAL

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

EXERCISES	WEEK	SETS	TIME	TEMPO	REST	W/R
B1 –Slick floor hamstring curls (socks needed)	1	3	35 sec	4010	10	
	2	3	35 sec	4010	10	
	3	4	45 sec	4010	10	
	4	4	60 sec	4010	10	
B2 –Long leg plank marching	1	3	35 sec	4010	10	
	2	3	35 sec	4010	10	
	3	4	45 sec	4010	10	
	4	4	60 sec	4010	10	
B3 – High glute bridge (add band to knees)	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 B WEEKS 1-4						
UPPER PUSH						
EXERCISES	WEEK	SETS	TIME	TEMPO	REST	W/R
B1 – Variable wall 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	
B2 - BW side lateral raises with a drop into floor on each rotation	1	3	35 sec	4010	10	
	2	3	35 sec	4010	10	
	3	4	45 sec	4010	10	
	4	4	60 sec	4010	10	
B3 – BW triceps extension	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 B WEEKS 1-4

**POSTERIOR LOWER HINGE**

EXERCISES	WEEK	SETS	TIME	TEMPO	REST	W/R
B1 – Alternate crossover step ups (add weighted backpack)	1	3	35 sec	4010	10	
	2	3	35 sec	4010	10	
	3	4	45 sec	4010	10	
	4	4	60 sec	4010	10	
B1 – Alternate reverse lunges (add weighted backpack)	1	3	35 sec	4010	10	
	2	3	35 sec	4010	10	
	3	4	45 sec	4010	10	
	4	4	60 sec	4010	10	
B3 – Jump split squats	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 B WEEKS 1-4						
UPPER PULL						
EXERCISES	WEEK	SETS	REPS	TEMPO	REST	W/R
B1 –Chin 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	
B1 – Inverted rows (chairs & a Broomstick needed)	1	3	35 sec	4010	10	
	2	3	35 sec	4010	10	
	3	4	45 sec	4010	10	
	4	4	60 sec	4010	10	
B3 – Reverse elbow push ups (two chairs needed) + elevate legs	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 B WEEKS 1-4  
 CORE & ABS

EXERCISES	WEEK	SETS	REPS	TEMPO	REST	W/R
B1 – Ab Halos	1	3	35 sec	4010	10	
	2	3	35 sec	4010	10	
	3	4	45 sec	4010	10	
	4	4	60 sec	4010	10	
B1 – Full V-sit up straight legs	1	3	35 sec	4010	10	
	2	3	35 sec	4010	10	
	3	4	45 sec	4010	10	
	4	4	60 sec	4010	10	
B3 - Sit up with elbow thrusts (only come up ¾ of the way up then rotate)	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 B WEEKS 1-4						
CORRECTION						
EXERCISES	WEEK	SETS	REPS	TEMPO	REST	W/R
B – Reverse hyper (chair needed)	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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