



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



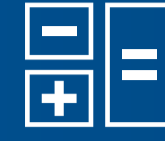
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FINISHING STRONG: THE ULTIMATE 8 WEEK WORKOUT FOR ADVANCED LIFTERS

We finish our ultimate beginner to advance workout program series with this 8 week workout for advanced lifters. Finish strong by giving this program a try!

Workout Link: <https://www.muscleandstrength.com/workouts/finishing-strong-ultimate-8-week-workout-for-advanced-lifters>

Main Goal: Build Muscle

Training Level: Advanced

Program Duration: 8 Weeks

Days Per Week: 6 Days

Time Per Workout: 60-75 Mins

Equipment: Barbell, Bodyweight, Dumbbells, Machines

Author: Brad Borland

Day 1

Exercise	Warm Up Sets	Working Sets
1. Incline Bench Press	2 x 12	4 x 6 - 12
2. Dumbbell Bench Press	1 x 12	4 x 6 - 12
3. Dumbbell Fly	-	3 x 10 - 12
4. Wide Grip Pullup	2 x 12 on pull down	4 x failure
5. Bent-Over Barbell Row	1 x 12	4 x 6 - 12
6. Narrow Grip Pull Down	-	3 x 10 - 15
7a. Hanging Leg Raise	-	3 x 20
7b. Crunch	-	3 x 20

Day 2

Exercise	Warm Up Sets	Working Sets
1. Seated Dumbbell Press	2 x 12	4 x 6 - 12
2a. Dumbbell Lateral Raise	-	3 x 10 - 15
2b. Bent Over Rear Lateral Raise	-	3 x 10 - 15
3. Barbell Curl	2 x 12	4 x 6 - 12
4. Weighted Dip	2 x 12	4 x 6 - 12
5. Seated Dumbbell Curl	-	4 x 6 - 12
6. Incline Dumbbell Curls	-	4 x 6 - 12
7a. Decline Sit Up	-	3 x 20
7b. Lying Leg Raise	-	3 x 20

Day 3

Exercise	Warm Up Sets	Working Sets
1. Standing Calf Raise	2 x 12	3 x 10 - 15
2. Seated Calf Raise	-	3 x 10 - 12
3. Leg Press	2 x 12	4 x 10 - 15
4. Barbell Back Squat	1 x 12	3 x 6 - 12
5. Dumbbell Walking Lunge	-	3 x 10 - 15
6. Barbell Romanian Deadlift	1 x 12	3 x 6 - 12
7. Lying Leg Curl	-	3 x 6 - 12