

Intermediate- Advanced Training



**FULLBODY TRAINING +
TRAINING PROGRAM**



BODY WISDOM

BE YOUR BEST . ANYTIME . ANYWHERE


Please note that the training plans are generalized, i.e., the number of repetitions and the number of sets are kept general. Of course, everyone is different and it may be that your upper body is very good at handling the reps and number of sets, but the leg exercises are too numerous. If so, listen to your body and start with fewer reps/sets. Fight your weaker self, but don't overexert yourself. For all unilateral exercises (single side exercises), i.e., exercises where you use one leg or one arm, the number of sets per leg / arm applies.

This eBook is divided into two training systems, once the normal weekly training plan and once a full body workout, which can be trained at will.

All exercises are interactive, i.e. if you do not know the name of the exercise and do not know how to do it correctly, simply click on the exercise in the training plan and you will automatically be guided to the right exercise without having to scroll continuously. When you are at the right exercise, click on the appropriate training plan again to get back to the training plan.

If you use your smart phone, adobe reader is advised to make the links clickable.


Trainings Program Intermediate - Advanced

<div> <div>Training Program Intermediate - Advanced</div> <div>  <div>BODY WISDOM</div> </div> </div>				
	Day 1 (e.g. Monday)	Day 2 (e.g. Tuesday)	Day 3 (e.g. Thursday)	Day 4 (e.g. Friday)
Musclegroup(s)	Chest & Back	Legs	Abs	Arms, Chest & Back
Exercises	1. <u>Pullups</u> 2. <u>One Arm Pushups</u> + Flys 3. <u>Back Rows</u> 4. <u>Archer Chest Fly</u> 5. <u>Biceps one arm Curls</u>	1. <u>Pistol Squats</u> 2. <u>Bulgarian Split Squats</u> 3. <u>One legged Hip Bridge</u>	1. <u>Body Saw + crunch</u> 2. <u>Oblique Crunch</u> 3. <u>Hip Drop</u> 4. <u>Pikes</u> 5. <u>Side Twist</u>	6. <u>Narrow Pushups</u> 7. <u>Pike Pushups</u> 8. <u>Rear Delt Rows</u> 9. <u>Triceps Crusher</u> 10. <u>Y's</u>
Repetitions	5-12	5-12	6-20	5-12
Sets	3-4	3-4	3-4	3-4
Remarks				

If you don't like weekly training programs or you can't keep to a rhythm, then try to do this full-body workout at least 3 times a week:

Full Body Training Intermediate - Advanced

Here YOU can train with repetition numbers or with time intervals. If you train with time, get a good interval timer or an interval app. The time is then as follows: 30 seconds training and 15 seconds rest (this is one set) and we abbreviate it in the training program like this: 30:15.

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Exercise	Reps or time	Sets with reps	Sets with time	Remarks
<u>Ice Skater</u>	20-30 or 30:15	4	4	
<u>Pullup seated</u>	5-20 or 30:15	4	4	
<u>Pistol Squat</u>	3-12 or 30:15	2 - 4 (per Leg)	4	After 2 sets change leg
<u>Backrow (supinated)</u>	8-20 or 40:20	4	4	
<u>One Arm Pushups + Flys</u>	5-15 or 20:10	4 alternating	4, after 2 sets change sides	
<u>Side Twist</u>	12-20 or 30:15	4	4	After 2 sets change side
<u>Spiderman Pushups</u>	4-16 or 30:15	4	4	One side = one rep Alternative reps
<u>Pike</u>	10-20 or 30:15	4	4	
<u>Chest Tap Curls</u>	5-12 or 30:15	4	4	Keep tension in the end position for 1 – 2 seconds
<u>Sit to Squat & Triceps pushdowns</u>	5-12 or 40:20	4	4	


Exercises

Pullups



Target musculature: latissimus, trapezius muscle, teres major



The anchor point is directly above the head. The handles are also over the head. The handles are set so high that you can hang underneath. You hold on to both handles at the same time. Your palms face each other or away from the face. You hang completely and then you activate your shoulder blades and pull yourself over the handles so that your chin is above the handle-height. You pull yourself up without tilting and swinging. Now lower yourself back down in a controlled manner.

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One arm Pushup (+ fly)



Target muscles: deltoids, chest muscle (middle), serratus muscles



Your shoulder, whose hand holds the handle, is below the anchor point. Your grip is in the one-hand grip variation and 15cm off the ground. You take the grip in the one hand, with which you carry out the flying motion. In the starting position you are in a kind of push-up position. Straight body, your back and buttocks are tight. Your hands are shoulder width apart. Now lower yourself to the ground. The hand, which is on the ground, carries out the normal push-up pushing movement. The other hand however, carries out the flying motion. You stretch out the flying hand until it is as far away from the body as possible without being fully extended, which means there is minimal flexion in the elbow. Now the chest, which is on the side of the hand that touches the ground, is almost touching the ground. Let us assume that the left hand is on the ground, then the left chest touches (almost) the ground. The right chest, however, is minimal above the ground. Now you push yourself back to the starting position. When your chest touches the ground or almost touches the ground, your upper arm forms a 45 ° angle to your body, meaning your elbows do not point to the side, but at a 45 ° angle to the rear. The other flying arm makes a 90 ° angle with your body when it is fully outstretched. After you are exhausted, you can switch sides.

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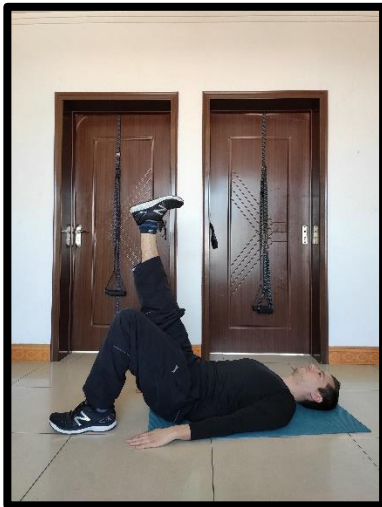
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One Legged Hip Bridge



Target muscles: quadriceps, hamstrings, glutes, lower back



Don't press your neck into the ground, keep your neck relaxed. You can use your arms for stabilization. One leg remains stretched out.

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Back Row

Target muscles: hand flexor, hand extensor, latissimus, teres major muscles, trapezius muscle





Look to the anchor point. The handles are 20 cm above the ground. In the starting position your arms are close to the body and your hands are at chest-height and the palms face each other. You choose the resistance according to your level. The shoulder blades are compressed.

Now you slowly lower yourself down, until your arms are stretched out, parallel to each other. Your body is always straight, which means it is under tension (abdominals, back and buttocks are tense). Now you can pull yourself back to the starting position.

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Lateral One Arm Biceps Curl



Target musculature: biceps



Stand sideways to the anchor point. The foot, which is on the same side as your curling arm is in front, e.g. if you do the bicep curl with your right arm, then your right foot is in front and in line with the left one. Lift your active curl arm until it is about 90 ° lateral to the body. Then, without moving your upper arm, you bent your forearm via your elbow, as far as possible. Now you sink in a controlled manner. Your body is always straight and always has a basic tension (tense abdominals, back and gluteal muscles).

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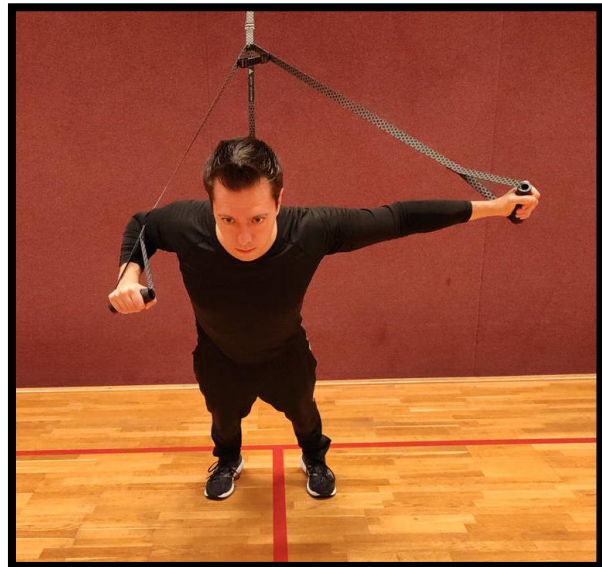
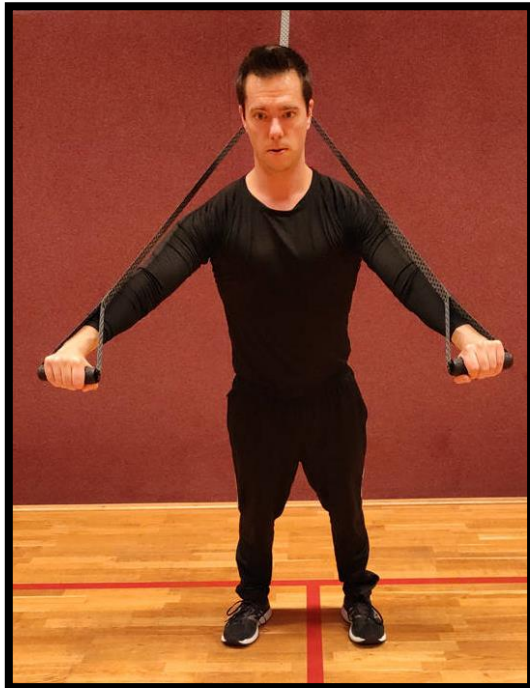
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Archer Chest Press (handles)



Target muscles: deltoids, chest muscle (middle), serratus muscles



Look away from the anchor point. The handles are 20cm above the ground. Keep abdominal muscles, back and gluteal muscles, tense. Your palms face down. Your arms are wider than shoulder width apart and then you are sinking away from the anchor point by taking one arm and the elbow back sideways until your forearm and upper arm make a somewhat 90 ° angle and the upper arm to your body, makes a 45 ° angle. The other arm makes simultaneously a flying movement and is almost stretched out, only a slight flexion in the elbow is allowed. The straps do not rub against your shoulders. Now one arm makes a pushing movement, the other arm flies back until you are back in the starting position.

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Pistol Squat


Target musculature: quadriceps, hamstrings, glutes



Look towards anchor point. The handles are set between knee and hip height. Go back until the straps are a bit tight. Lift a leg out in front of you. Stretch your chest out, keep your back straight, and squat down as low as you can while holding your standing heel flat on the floor. Then press the heel into the ground and get up again. Be careful not to lean too much into the active knee, as the knee should not go extremely over the toes. Do not use your other foot to push you up, try to get everything out of one active leg. Just sit down so deep, that you can stand up in a controlled manner. When getting up, rely as little as possible on the straps. This is a leg exercise, not a back exercise.

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Bulgarian Split Squat



Target musculature: gluteal muscle, quadriceps



Look away from the anchor point. The foot loop is 20 cm above the ground. Put one foot in both loops and then take a step forward. Let your body sink to the ground until your knee touches the ground slightly or almost, or as far as you come. Your back is always straight and perpendicular to the ground. 80-95% of the weight is on the foreleg. Press your heels into the ground to stand straight back up. Your active (front) knee should not be (too far) over your toes.

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Pike Pushup (foot Loop)



Target musculature: anterior deltoids, triceps



You look away from the anchor point. The Foot loop is 30cm above the ground. Your feet are in the foot loops. Your body is folded like a folding knife. Try to reach out and get as close to your legs as possible. Your elbows are either 45 ° to 90 ° to the side of the upper body. Whichever seems better to you. You lower your body until your head touches the ground lightly. Now you push yourself up again, so that your arms are outstretched.

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Body Saw + Crunch



Target musculature: Straight abdominal muscle, spinal extensor



Look away from the anchor point. Your feet are in the foot loop. The foot straps are 30cm above the ground. Your feet are 30cm away from the anchor point lot. You lean on your forearms. Your body is straight (abdominals, buttocks and back tensed). Your head is in front of (above) your hands. Let your body move in the direction of the anchor point without your back overextending, your abdominal muscles are responsible for keeping your body straight. The movement starts from the arms, so you push yourself backwards, keep the end position for a second. Now you pull yourself forward with the help of your arms until your head is above the level of your hands again and then you pull your knees towards your head, with your buttocks slightly up and your head between your forearms, this is the extra "Crunch".

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Oblique Tuck



Target muscles: quadriceps, glutes, straight abdominal muscle, obliques muscle



Look away from the anchor point. The foot loops are 30 cm above the ground. Your feet are both in the foot straps. You take the push-up starting position. Straight body, your back and buttocks are tight. Your hands are shoulder width apart. The arms are stretched out. Your hands are under your shoulders. Now you bring your knees to the elbow. At the next repetition you can change your direction, so bring your knees to the other elbow. Hold the position for 1-2 seconds. Now bring your feet back to the starting position. Make sure that your back is not overstretched, but keep a straight back.

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Standing Oblique Twist



Target musculature: obliques



Look to the anchor point. The handle is 30 cm above the ground. The handle is in the one-hand grip mode. You take the handle with both hands in the hand. Now you go back until the straps are under tension. You choose the resistance according to your level. Your hands are at shoulder level and stretched away from the body. Now you rotate from side to side using your lateral abdominal muscles and keeping your arms stretched out. Try to get the required strength as little as possible from your arms, but rather from your obliques.

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Pike



Target musculature: Straight abdominal muscle, deltoids



You look away from the anchor point. The handles are in the foot loop mode. The foot loops are 20cm above the ground. You go to the push-up position. Your arms are parallel to each other, shoulder width apart and straight, except for a slight bend in the elbow. Your body is straight (abdominal muscles, back and buttocks are tense). Now you fold yourself up like a folding knife. You push your legs into the loops and your head goes through your arms. Now you control yourself back to the starting position.

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Narrow Pushups (foot loops)



Target muscles: deltoids, chest muscle (middle), serratus muscles



Look away from the anchor point. The foot loops are 30cm above the ground. Your feet are both in the foot straps. You take the push-up starting position. Straight body, your back and buttocks are tight. Your hands are positioned narrower than shoulder width apart. When your chest touches the ground or almost touches the ground, your upper arm forms pointed angle to your body, meaning your elbows do not point to the side, but with a pointy angle to the rear. When your chest is touching or almost touching the floor, your hands are in line with your chest. Now you push yourself back to the starting position.

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Rear Delt Rows

Target musculature: posterior deltoids, large rhomboid muscle, trapezius, teres major





Look to the anchor point. The handles are at knee height. In the starting position, your arm is at 90 ° to your body and your forearm is 90 ° or less to the upper arm. Your shoulder blades are compressed.

You choose the resistance according to your level. Now you slowly lower yourself until your arms are outstretched and parallel. The arms always stay 90 ° to the body. Your body is always under tension (abdominal muscles, back and buttocks are tense). Now you can move back to the starting position.

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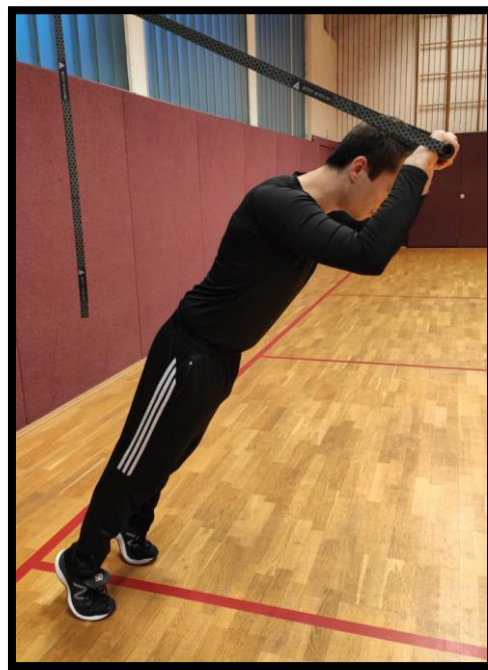
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Triceps Extension



Target musculature: triceps



Look away from the anchor point. The handles are 30cm from the floor. Choose an angle that matches your desired resistance. Your arms are parallel to each other and also your elbows. The **upper arms do not move** and you stretch only over the elbows. Pull your shoulder blades back and down to put less strain on your elbows. Your body is always straight and always has a basic tension (tense abdominals, back and gluteal muscles). Now you lower yourself until your hands reach your forehead, are next to the ears or above your head. Make sure that you do not move your upper arms, the entire movement happens through your elbows and forearms. In order to facilitate the exercise, you can have one leg bent in front of you, so to distribute the weight on this front leg and push yourself up slightly, with your leg, if you cannot generate the movement from the strength of triceps.

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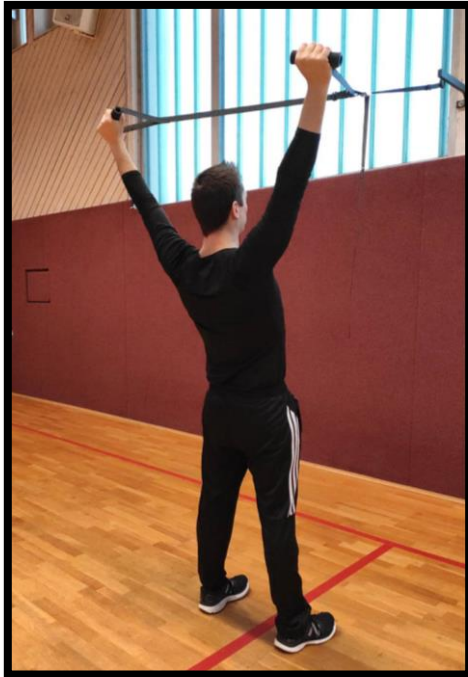
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Y's raises



Target musculature: anterior deltoid muscle, lateral deltoid muscle, trapezius muscle, posterior deltoid muscle



Look to the anchor point. Go to the starting position. Choose the angle to match your level. Your arms are in a Y-shape over your head. Your abs and back muscles are tight and straight. You lower your arms until they are 90 ° to your body and parallel to each other. Then you bring your arms in the opposite motion back over your head into the Y-shape.

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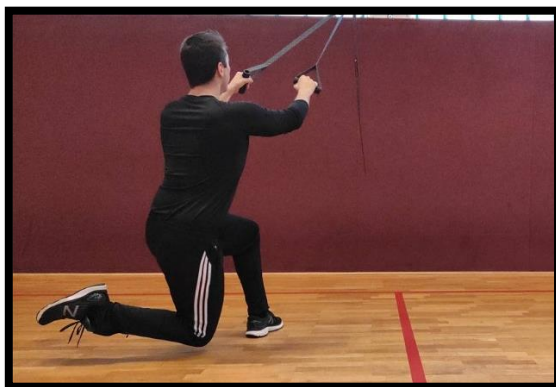
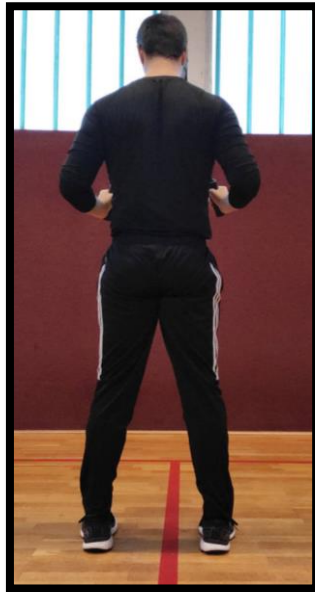
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Ice Skater



Target musculature: glutes, quadriceps



Look towards anchor point. Your hands are close to the chest. You jump to the left and land with your left foot and your right leg is crossed. Now you jump to the right, your right foot lands and your left leg crosses your right. The inactive leg does not touch the ground, but hovers. Your back is straight and most of the power is generated by the front leg, which pushes off the floor to jump. Use your arms as little as possible, only for stabilization.

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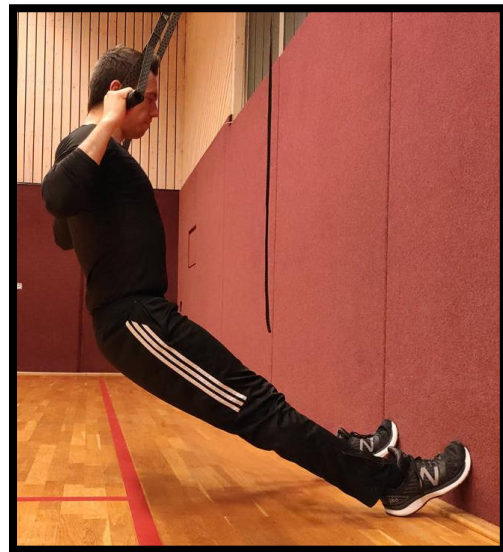
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Pullup (seated)



Target musculature: biceps, latissimus, trapezius muscle, teres major muscles



The anchor point is above the head. The handles are also over the head. The handles are set so high that you can sit underneath and when your hands reach over your head, you can just reach the handles or as high as your handles can be (if attached to the door). You hold on to the handles. Your palms face each other, facing your face or away from the face (there are different grip variations). You are sitting on the floor or you have a bank for your feet, so you are in the air with your buttocks but your feet are on the bank. Alternatively, you can also support your feet on the door frame and sit directly on the floor. Your legs are stretched out or slightly bent. You activate your shoulder blades and pull yourself above the handles so that your chin is above handle-height. If you use the door as an anchor point, then you pull yourself up to chest level. You pull yourself up without tilting and swinging. Now lower yourself back down in a controlled manner, so you're back in the starting position.

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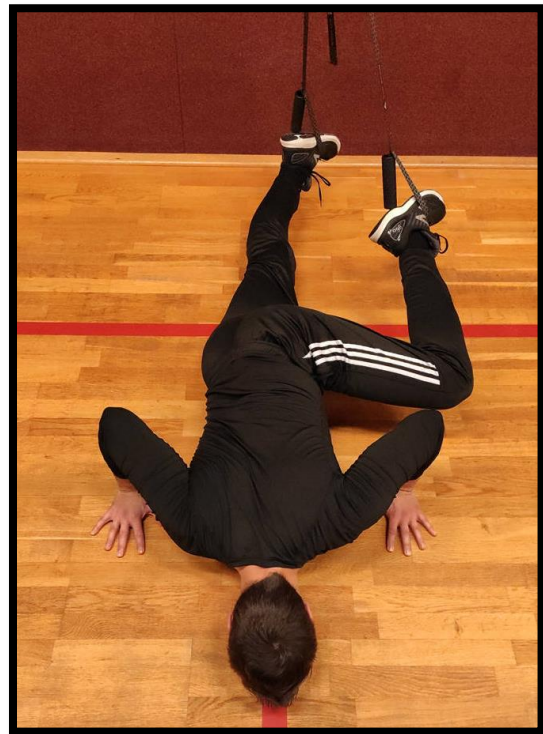
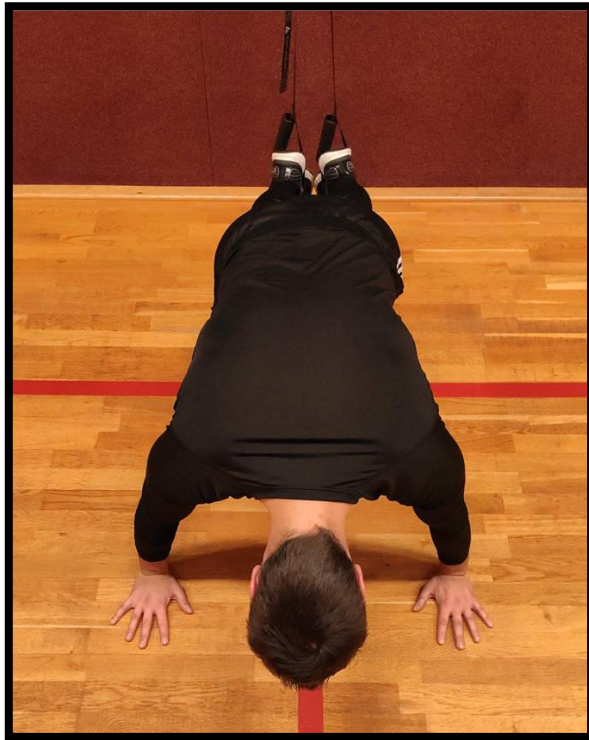
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Spiderman Pushups (feet loop)



Target muscles: deltoids, chest muscle (middle), serratus muscles



Look away from the anchor point. Your feet are both in the foot straps. The foot straps are 30cm above the ground. You take the push-up starting position. Straight body, your back and buttocks are tight. Your hands are shoulder width apart. Your wrists are under your shoulders. Now your body sinks to the ground and you bring one knee (almost) to the elbow. When your chest touches the ground or almost touches the ground, your upper arm forms a 45 ° angle to your body, meaning your elbows do not point to the side, but at a 45 ° angle to the rear. When your chest is touching or almost touching the floor, your hands are in line with your chest. Now you push yourself back to the starting position and your leg goes back again. At the next repetition you use the other leg.

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Chest Tap Curl

Target musculature: biceps





Look to the anchor point. Choose the angle that suits you. Raise your arms so that your upper arm forms a 90 ° angle to your body. Your palm facing each other. Now you bent your forearms until they meet in the middle of your chest.

The upper arm moves outward. The forearm only bents over the elbows. Your body is always straight and always has a basic tension (tense abdominals, back and gluteal muscles). Let your body lower itself in a controlled manner.

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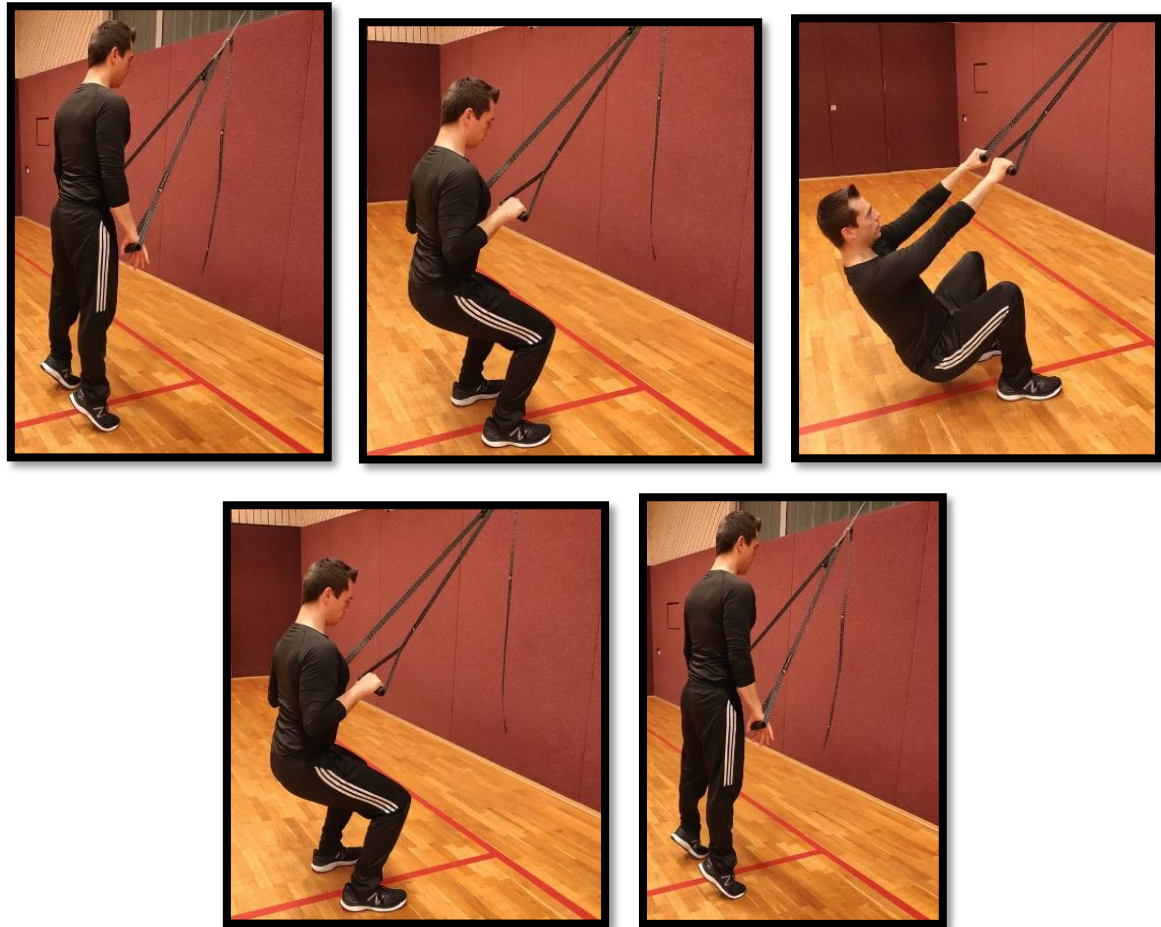
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Sit to Squat & Triceps Kickback



Target musculature: quadriceps, glutes, hamstrings, straight abdominal muscle, deltoid, triceps



Look towards the anchor point. The handles are at knee level. Take a step back, stand straight on your toe and have the straps slightly tensioned. Your palms look towards your thighs. Your upper arms are close to your body. Now you sink down and sit on your buttocks or as far as possible. Your arms are stretched out, your chest is stretched out. Now you pull yourself forward explosively so that you are in the squat position, your arms are bent so that your forearm forms an angle of about 45° - 90° to the upper arm. Now push yourself up, stretching your forearm back, using your triceps, but keep your upper arm close to your body. You stand on tiptoe.

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Hip Drop



Target musculature: Lateral abdominal muscle, dorsal extensor



Look away from the anchor point. The foot loops are offset from each other. The lower foot loop is 30cm off the floor. Your feet are in the foot straps. You support your body sideways on your forearm. Now you sack controlled with your hip onto the floor. The you bring yourself back to the starting position. After you have finished your set, you change the side.

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Final Words

We hope you enjoyed the training plan and the full body workout.

If you want more training plans and 100 more exercises, you can download our exercise catalog [here](#) (it's free with the purchase of a Body Wisdom Sling 😊).

Sporty greetings,
your Body Wisdom Team

