

Advanced Strength Training Plan

This plan is designed for experienced lifters aiming to maximize strength, build muscle, and enhance performance. It includes structured training splits, heavy compound lifts, and advanced progression strategies.

Choose the split that fits your training goals and weekly availability. Most advanced lifters train 4-5 times per week.

Weekly Layout Example (Push/Pull/Legs + 1-2 Accessory Days):

- Monday: Push (Chest, Shoulders, Triceps)
- Tuesday: Pull (Back, Biceps)
- Wednesday: Rest or Mobility
- Thursday: Legs (Quads, Glutes, Hamstrings)
- Friday: Optional Upper or Powerbuilding
- Saturday: Optional Accessory/Core or Active Recovery

Main compound lifts: 4-5 sets of 4-6 reps

Accessory lifts: 3-4 sets of 10-15 reps

Rest: 60-120 seconds depending on intensity

Push/Pull/Legs Split

- Push: Bench Press, Overhead Press, Dips - 4 sets of 8-10 reps
- Pull: Deadlifts, Barbell Rows, Chin-ups - 4 sets of 6-10 reps
- Legs: Squats, Hip Thrusts, Hamstring Curls - 4 sets of 8-12 reps

Upper/Lower + Accessory Days

- Upper: Presses, Rows, Arm Work - 4 sets of 10-12 reps
- Lower: Squats, Deadlifts, Lunges - 4 sets of 8-10 reps

- Accessory: Mobility, Core, Conditioning - 2-3 sets of 15+ reps

Powerbuilding Split

- Main Lifts: 4-5 sets of 4-6 reps (heavy)

- Accessory Work: 3-4 sets of 10-15 reps (hypertrophy focus)