ADVANCED

Your exercise guide and practice log



ILLUSTRATED EXERCISES. FILLABLE WORKSHEETS.

Companion to the Toward Health Advanced Exercise Protocol.

Print this packet or complete the blank fields digitally. Follow the instructions in the numbered worksheet pages.

Inside this companion

Exercise instructions / illustrated movement examples / blank fillable worksheets

Page references use the printed worksheet numbers after this cover.

ADVANCED

TOWARD HEALTH

Monday - Push A

Date _____ ☐ Easy movement + lighter practice sets

For experienced trainees already tolerating a comparable weekly workload.

One sequence per non-core exercise

1 Main Start with 6-12 full reps to failure, then controlled partials.

2 Drop 25% Full reps to failure (often 3-5), then controlled partials.

3 Drop 25% again Full reps to failure (often 3-5), then controlled partials.

Lift for 2 seconds; lower for 2 seconds. End each weight when you cannot complete at least half (50%) of the movement with good form. Stop earlier for pain or loss of form; pause as needed.

Wt = weight (lb/kg). Full = full reps. Part = controlled partial reps.

Chest

Pick 2-4

Incline machine chest press | Flat machine chest press | Pec deck | Horizontal cable fly

ILLUSTRATED: Flat machine chest press



	SELECTED EXERCISE	MAIN			DROP 1 -25%			DROP 2 -25%		
		Wt	Full	Part	Wt	Full	Part	Wt	Full	Part
☐										
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ADVANCED

TOWARD HEALTH

Monday - Push A

Continue your selected exercises. Check Done; leave unused rows blank.

Shoulders

Pick 2-4

Machine shoulder press | Machine or cable lateral raise | Cable front raise | Stable rear-delt machine

ILLUSTRATED: Machine shoulder press



	SELECTED EXERCISE	MAIN			DROP 1 -25%			DROP 2 -25%		
		Wt	Full	Part	Wt	Full	Part	Wt	Full	Part
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Triceps

Pick 2-4

Cable pushdown | Overhead cable extension | Machine dip | Cross-body cable extension

ILLUSTRATED: Machine dip



	SELECTED EXERCISE	MAIN			DROP 1 -25%			DROP 2 -25%		
		Wt	Full	Part	Wt	Full	Part	Wt	Full	Part
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ADVANCED

TOWARD HEALTH

Tuesday - Pull A

Date _____

☐ Easy movement + lighter practice sets

Back

Pick 2-4

Wide-grip lat pulldown | Neutral-grip lat pulldown | Chest-supported machine row | Low row toward the hip | Straight-arm cable pulldown

Include both a vertical pulldown and a horizontal or lateral row.

ILLUSTRATED: Neutral-grip lat pulldown



	SELECTED EXERCISE	MAIN			DROP 1 -25%			DROP 2 -25%		
		Wt	Full	Part	Wt	Full	Part	Wt	Full	Part
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Rear delts & upper back

Pick 2-4

Reverse pec deck | Face pull | Rear-delt cable fly | High cable row

ILLUSTRATED: Reverse pec deck



	SELECTED EXERCISE	MAIN			DROP 1 -25%			DROP 2 -25%		
		Wt	Full	Part	Wt	Full	Part	Wt	Full	Part
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ADVANCED

TOWARD HEALTH

Tuesday - Pull A

Continue your selected exercises. Check Done; leave unused rows blank.

Biceps

Pick 2-4

Machine preacher curl | Cable curl | Rope hammer curl | Reverse cable curl

ILLUSTRATED: Cable curl



	SELECTED EXERCISE	MAIN			DROP 1 -25%			DROP 2 -25%		
		Wt	Full	Part	Wt	Full	Part	Wt	Full	Part
☐										
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Notes for your next session

Increase starting resistance when you can perform more than 12 controlled full-range reps. Record changes in range, tempo or recovery.

ADVANCED

TOWARD HEALTH

Wednesday - Legs & Abs A

Date _____

☐ Easy movement + lighter practice sets

Quadriceps

Pick 2-4

Hack squat machine | Leg press | Leg extension | Supported split-squat machine

ILLUSTRATED: Leg extension



	SELECTED EXERCISE	MAIN			DROP 1 -25%			DROP 2 -25%		
		Wt	Full	Part	Wt	Full	Part	Wt	Full	Part
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Hamstrings & glutes

Pick 2-4

Seated leg curl | Lying leg curl | Hip-thrust machine | Glute-drive machine

ILLUSTRATED: Lying leg curl



	SELECTED EXERCISE	MAIN			DROP 1 -25%			DROP 2 -25%		
		Wt	Full	Part	Wt	Full	Part	Wt	Full	Part
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Wednesday - Legs & Abs A

Continue your selected exercises. Check Done; leave unused rows blank.

Calves

Choose 1

Standing calf-raise machine | Seated calf-raise machine | Calf press

ILLUSTRATED: Standing calf raise



	SELECTED EXERCISE	MAIN			DROP 1 -25%			DROP 2 -25%		
		Wt	Full	Part	Wt	Full	Part	Wt	Full	Part
☐										

One continuous main / drop / drop sequence per selected exercise.

Abs

Choose 2-3

Machine abdominal crunch (spinal flexion) | Supported knee raise (pelvic flexion) | Ab rollout (anti-extension)

Do not repeat these exercises in Friday's ab session.

ILLUSTRATED: Supported knee raise



	SELECTED EXERCISE	REPS OR SECONDS
☐		
☐		
☐		

Reps (per side when applicable) or seconds. No partials or drops; stop when form changes.

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TOWARD HEALTH

Thursday - Push B + Pull B

Date _____ ☐ Easy movement + lighter practice sets

Alternate push and pull exercises. Pause as needed for controlled form.

Chest

Pick 2-4

Decline machine chest press | Converging machine chest press | Low-to-high cable fly | High-to-low cable fly

Choose different exercises from Monday.

ILLUSTRATED: Converging chest press



	SELECTED EXERCISE	MAIN			DROP 1 -25%			DROP 2 -25%		
		Wt	Full	Part	Wt	Full	Part	Wt	Full	Part
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Back

Pick 2-4

Close-grip neutral lat pulldown | Seated cable row | Wide-grip high row | Machine pullover | Single-arm row toward the hip

Cover both vertical and horizontal pulling angles.

ILLUSTRATED: Close neutral-grip pulldown



	SELECTED EXERCISE	MAIN			DROP 1 -25%			DROP 2 -25%		
		Wt	Full	Part	Wt	Full	Part	Wt	Full	Part
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Thursday - Push B + Pull B

Continue your selected exercises. Check Done; leave unused rows blank.

Alternate push and pull exercises. Pause as needed for controlled form.

Shoulders & rear delts

Pick 2-4

Machine shoulder press (different grip) | Cable lateral raise from behind the body | Reverse pec deck | Cable rear-delt fly | Rear-delt row

ILLUSTRATED: Reverse pec deck



	SELECTED EXERCISE	MAIN			DROP 1 -25%			DROP 2 -25%		
		Wt	Full	Part	Wt	Full	Part	Wt	Full	Part
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Triceps

Pick 2-3

Machine dip | Cross-body cable extension | Overhead rope extension

ILLUSTRATED: Machine dip



	SELECTED EXERCISE	MAIN			DROP 1 -25%			DROP 2 -25%		
		Wt	Full	Part	Wt	Full	Part	Wt	Full	Part
☐										
☐										
☐										

One continuous main / drop / drop sequence per selected exercise.

Thursday - Push B + Pull B

Continue your selected exercises. Check Done; leave unused rows blank.

Alternate push and pull exercises. Pause as needed for controlled form.

Biceps

Pick 2-3

Cable curl | Bayesian cable curl | Reverse cable curl

ILLUSTRATED: Cable curl



	SELECTED EXERCISE	MAIN			DROP 1 -25%			DROP 2 -25%		
		Wt	Full	Part	Wt	Full	Part	Wt	Full	Part
☐										
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☐										

One continuous main / drop / drop sequence per selected exercise.

Notes for your next session

Increase starting resistance when you can perform more than 12 controlled full-range reps. Record changes in range, tempo or recovery.

ADVANCED

TOWARD HEALTH

Friday - Legs & Abs B

Date _____

☐ Easy movement + lighter practice sets

Quadriceps

Pick 2-4

Pendulum squat machine | Belt-squat machine | Leg press (different foot position) | Supported split-squat machine | Leg extension

Use different positions or machines from Wednesday.

ILLUSTRATED: Leg extension



	SELECTED EXERCISE	MAIN			DROP 1 -25%			DROP 2 -25%		
		Wt	Full	Part	Wt	Full	Part	Wt	Full	Part
☐										
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Hamstrings & glutes

Pick 2-4

Single-leg seated or standing leg curl | Lying leg curl | Hip-thrust machine | Hip-abduction machine

ILLUSTRATED: Lying leg curl



	SELECTED EXERCISE	MAIN			DROP 1 -25%			DROP 2 -25%		
		Wt	Full	Part	Wt	Full	Part	Wt	Full	Part
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Friday - Legs & Abs B

Continue your selected exercises. Check Done; leave unused rows blank.

Calves

Choose 1

Standing calf-raise machine | Seated calf-raise machine | Calf press

Choose a different exercise than Wednesday.

ILLUSTRATED: Seated calf raise



	SELECTED EXERCISE	MAIN			DROP 1 -25%			DROP 2 -25%		
		Wt	Full	Part	Wt	Full	Part	Wt	Full	Part
☐										

One continuous main / drop / drop sequence per selected exercise.

Abs

Choose 2-3

Stir the pot (anti-extension) | Reverse crunch (pelvic flexion) | Cable crunch (spinal flexion) | Pallof press (anti-rotation) | Cable rotation (controlled rotation)

Use exercises not performed Wednesday; vary the core functions.

ILLUSTRATED: Pallof press



	SELECTED EXERCISE	REPS OR SECONDS
☐		
☐		
☐		

Reps (per side when applicable) or seconds. No partials or drops; stop when form changes.

Saturday - intervals

Date _____ Activity _____

Choose one: stationary bike, rower, sled, elliptical, incline treadmill, hill or track.

☐ **Warm up 5-10 minutes**

Build intensity gradually and finish with controlled accelerations.

4-7 rounds **15-30 seconds hard** **2-3 minutes easy**

Start near 80% effort. Progress toward 85-90%; approach 90-100% only after adequate adaptation. Increase one variable at a time.

ROUND	HARD (seconds)	EASY (minutes)	EFFORT / NOTES
☐ 1			
☐ 2			
☐ 3			
☐ 4			
☐ 5			
☐ 6			
☐ 7			

Progress only while technique, recovery and lower-body performance remain stable, with no joint or tendon pain. Stop for chest pressure, faintness, dizziness, unusual breathlessness or palpitations; seek medical evaluation before resuming. Persistent or severe chest pain requires emergency care.

Daily activity and recovery

Sunday: rest or light activity. Keep aerobic activity separate from lifting. Most days, choose one goal: 20 minutes at conversational pace; build toward 10,000 total steps; or moderate activity suited to your capacity. These are different options, not equivalent doses.

Core: controlled reps (per side where needed) or seconds. No partials or drops. This plan is for experienced trainees already tolerating a comparable workload.