

# Andy Speer's 5-Day Advanced Split Tracker

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## Day 1: Legs & Core

EXERCISE	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
Warm Up 5:00	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Block 1: Core + Plyo AMRAP (r = reps)</b>						
Dumbbell Crunch	Weight:					
	Reps:					
Plyo Series Lunge Jumps, Squat Jumps, Skaters	Weight: BW					
	Reps:					
Single Leg V-Up; alternating (AMRAP)	Weight: BW					
	Reps:					
Plyo Series Lunge Jumps, Squat Jumps, Skaters	Weight: BW					
	Reps:					
<b>Block 2: Leg Strength (4 sets)</b>						
Split Squat Right/Left Set 1	Weight:					
	Reps:					
Reverse Lunge Right/Left Set 1	Weight:					
	Reps:					
Split Squat Right/Left Set 2	Weight:					
	Reps:					
Reverse Lunge Right/Left Set 2	Weight:					
	Reps:					
Split Squat Right/Left Set 3	Weight:					
	Reps:					
Reverse Lunge Right/Left Set 3	Weight:					
	Reps:					
Split Squat Right/Left Set 4	Weight:					
	Reps:					
Reverse Lunge Right/Left Set 4	Weight:					
	Reps:					
<b>Block 3: Legs + Core AMRAP</b>						
:40 Sumo Squat	Weight:					
	Reps:					
:30 Tuck Ups	Weight: BW					
	Reps:					
8 Sumo Squats	Weight:					
	Rounds:					
8 Tuck Ups	Weight:					
	Rounds:					
<b>Block 4: Goblet Squat Burnout</b>						
:30 Parallel Goblet Squats	Weight:					
	Reps:					
20 Goblet Squats for 2:00	Weight:					
	Reps:					
<b>Block 5: Core Finisher</b>						
:60 Hip Dips Right	Reps:					
:60 Hip Dips Left	Reps:					
Roll Ups	Weight:					
	Reps:					

## Day 2: Chest &amp; Triceps

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EXERCISE	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
Warm Up 3:00	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Block 1: Push-Up Variations</b>						
Negative Standard Pushup	Reps:					
Rep it out	Reps:					
Negative Wide Pushup	Reps:					
Rep it out	Reps:					
Negative Close Pushup	Reps:					
Rep it out	Reps:					
<b>Block 2: Heavy Pressing (4 Rounds)</b>						
Crush Press Set 1	Weight:					
	Reps:					
Chest Press Set 1	Weight:					
	Reps:					
Crush Press Set 2	Weight:					
	Reps:					
Chest Press Set 2	Weight:					
	Reps:					
Crush Press Set 3	Weight:					
	Reps:					
Chest Press Set 3	Weight:					
	Reps:					
Crush Press Set 4	Weight:					
	Reps:					
Chest Press Set 4	Weight:					
	Reps:					
<b>Block 3: EMOM Supersets (6:00)</b>						
6 Kneeling Chest Flyes Notes:	Weight:					
	Reps:					
6 Tate Presses Notes:	Weight:					
	Reps:					
<b>Block 4: Chest &amp; Triceps Finisher (3 Rounds)</b>						
Tricep Kickbacks	Weight:					
	Reps:					
Close Grip Pushups	Weight:					
	Reps:					
Tricep Kickbacks	Weight:					
	Reps:					
Close Grip Pushups	Weight:					
	Reps:					
Tricep Kickbacks	Weight:					
	Reps:					
Close Grip Pushups	Weight:					
	Reps:					



EXERCISE	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
Warm Up 3:00	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Block 1: Posterior Chain &amp; Core Activation</b>						
Superhuman Lift Holds	Reps:					
Bird Dog Holds Right/Left	Reps:					
Dumbbell Straight Arm Good Mornings	Weight:					
	Reps:					
Bear Crawl w/Knee Swivel	Reps:					
<b>Block 2: Dynamic Complex (2 Rounds)</b>						
6 Snatches (Right)	Weight:					
	Reps:					
6 Snatches (Left)	Weight:					
	Reps:					
6 Bent-Over Rows	Weight:					
	Reps:					
6 Snatches (Right)	Weight:					
	Reps:					
6 Snatches (Left)	Weight:					
	Reps:					
6 Bent-Over Rows	Weight:					
	Reps:					
<b>Block 3: Row Complex (5 Rounds)</b>						
6 High Angle Rows Round 1	Weight:					
	Reps:					
6 Standard Bent Over Rows Round 1	Weight:					
	Reps:					
6 High Angle Rows Round 2	Weight:					
	Reps:					
6 Standard Bent Over Rows Round 2	Weight:					
	Reps:					
6 High Angle Rows Round 3	Weight:					
	Reps:					
6 Standard Bent Over Rows Round 3	Weight:					
	Reps:					
6 High Angle Rows Round 4	Weight:					
	Reps:					
6 Standard Bent Over Rows Round 4	Weight:					
	Reps:					
6 High Angle Rows Round 5	Weight:					
	Reps:					
6 Standard Bent Over Rows Round 5	Weight:					
	Reps:					
<b>Block 4: Heavy Curls (3 Rounds)</b>						
:30 Supinated Curls (8 max) Set 1	Weight:					
	Reps:					
:30 Supinated Curls (8 max) Set 2	Weight:					
	Reps:					
:30 Supinated Curls (8 max) Set 3	Weight:					
	Reps:					
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### Day 3: Back & Biceps (continued)

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EXERCISE	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
<b>Block 5: EMOM (6:00)</b>						
8 Concentration Curls (Right) Minute A	Weight:					
	Total Reps:					
8 Concentration Curls (Left) Minute A	Weight:					
	Total Reps:					
12 Alternating Curls Minute B	Weight:					
	Total Reps:					
<b>Block 6: High Rep Back Burner Complex (2 Rounds)</b>						
12 Standing W Flyes Round 1	Weight:					
	Reps:					
12 Straight-Arm Kickbacks Round 1	Weight:					
	Reps:					
12 Knees-Down Renegade Rows Round 1	Weight:					
	Reps:					
12 Standing W Flyes Round 2	Weight:					
	Reps:					
12 Straight-Arm Kickbacks Round 2	Weight:					
	Reps:					
12 Knees-Down Renegade Rows Round 2	Weight:					
	Reps:					
<b>Block 7: Pullovers</b>						
Lat Pullovers	Weight:					
	Reps:					

# Day 4: Shoulders & Triceps

EXERCISE	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
Warm Up 3:00	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Block 1: Pre-Exhaust</b>						
:45 Open Lateral Raise on Scapular Plane (12 reps)	Weight:					
	Reps:					
:45 Arnold Presses	Weight:					
	Reps:					
:45 Push Press to Single Arm Farmer Carry (Right)	Weight:					
	Reps:					
:45 Push Press to Single Arm Farmer Carry (Left)	Weight:					
	Reps:					
<b>Block 2: Heavy Presses (4 Rounds)</b>						
:25 Strict Press (~6 reps) Round 1	Weight:					
	Reps:					
:15 Push Press (~4 reps) Round 1	Weight:					
	Reps:					
:25 Strict Press (~6 reps) Round 2	Weight:					
	Reps:					
:15 Push Press (~4 reps) Round 2	Weight:					
	Reps:					
:25 Strict Press (~6 reps) Round 3	Weight:					
	Reps:					
:15 Push Press (~4 reps) Round 3	Weight:					
	Reps:					
:25 Strict Press (~6 reps) Round 4	Weight:					
	Reps:					
:15 Push Press (~4 reps) Round 4	Weight:					
	Reps:					
<b>Block 3: 6-minute EMOM</b>						
8 Kneeling Overhead Tricep Extensions	Weight:					
	Reps:					
8 Kneeling Lateral Raises	Weight:					
	Reps:					
<b>Block 4: 5-minute AMRAP</b>						
8 JM Presses	Weight:					
	Rounds:					
10 Arnold Presses	Weight:					
	Rounds:					
12 Front Raises	Weight:					
	Rounds:					


# Day 5: Full Body

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EXERCISE	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
Warm Up 5:00	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Block 1: Dynamic Core (2 Rounds)</b>						
:20 Squat Jumps	Done: <input type="checkbox"/>	Done: <input type="checkbox"/>	Done: <input type="checkbox"/>	Done: <input type="checkbox"/>	Done: <input type="checkbox"/>	Done: <input type="checkbox"/>
:20 Tuck Ups	Done: <input type="checkbox"/>	Done: <input type="checkbox"/>	Done: <input type="checkbox"/>	Done: <input type="checkbox"/>	Done: <input type="checkbox"/>	Done: <input type="checkbox"/>
:20 Skaters	Done: <input type="checkbox"/>	Done: <input type="checkbox"/>	Done: <input type="checkbox"/>	Done: <input type="checkbox"/>	Done: <input type="checkbox"/>	Done: <input type="checkbox"/>
:20 Russian Twists	Done: <input type="checkbox"/>	Done: <input type="checkbox"/>	Done: <input type="checkbox"/>	Done: <input type="checkbox"/>	Done: <input type="checkbox"/>	Done: <input type="checkbox"/>
<b>Block 2: Power &amp; Strength Complex</b>						
6 Dumbbell Cleans	Weight:					
	Reps:					
7 Front Rack Squats	Weight:					
	Reps:					
8 Renegade Rows (4 right/4 left)	Weight:					
	Reps:					
<b>6:00 EMOM</b>						
4 Cleans	Weight:					
	Total Reps:					
5 Squats	Weight:					
	Total Reps:					
6 Renegade Rows (3/3)	Weight:					
	Total Reps:					
<b>Block 3: Lower Body Muscle Complex (2 Rounds)</b>						
15 Goblet Calf-Raise Squats	Weight:					
	Total Reps:					
8 Lateral Lunges (Right)	Weight:					
	Total Reps:					
8 Kickstand Deadlifts (Right)	Weight:					
	Total Reps:					
8 Lateral Lunges (Left)	Weight:					
	Total Reps:					
8 Kickstand Deadlifts (Left)	Weight:					
	Total Reps:					
<b>Block 4: Curls &amp; Core (3 Rounds)</b>						
Half-Kneeling Bicep Curls Round 1	Weight:					
	Reps:					
Plank March, Round 1	Done: <input type="checkbox"/>	Done: <input type="checkbox"/>	Done: <input type="checkbox"/>	Done: <input type="checkbox"/>	Done: <input type="checkbox"/>	Done: <input type="checkbox"/>
Flutter Kicks, Round 1	Done: <input type="checkbox"/>	Done: <input type="checkbox"/>	Done: <input type="checkbox"/>	Done: <input type="checkbox"/>	Done: <input type="checkbox"/>	Done: <input type="checkbox"/>
Half-Kneeling Bicep Curls Round 2	Weight:					
	Reps:					
Plank March, Round 2	Done: <input type="checkbox"/>	Done: <input type="checkbox"/>	Done: <input type="checkbox"/>	Done: <input type="checkbox"/>	Done: <input type="checkbox"/>	Done: <input type="checkbox"/>
Flutter Kicks, Round 2	Done: <input type="checkbox"/>	Done: <input type="checkbox"/>	Done: <input type="checkbox"/>	Done: <input type="checkbox"/>	Done: <input type="checkbox"/>	Done: <input type="checkbox"/>
Half-Kneeling Bicep Curls Round 3	Weight:					
	Reps:					
Plank March, Round 3	Done: <input type="checkbox"/>	Done: <input type="checkbox"/>	Done: <input type="checkbox"/>	Done: <input type="checkbox"/>	Done: <input type="checkbox"/>	Done: <input type="checkbox"/>
Flutter Kicks, Round 3	Done: <input type="checkbox"/>	Done: <input type="checkbox"/>	Done: <input type="checkbox"/>	Done: <input type="checkbox"/>	Done: <input type="checkbox"/>	Done: <input type="checkbox"/>

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Day 5: Full Body						
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EXERCISE	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
Block 5: 1:00 AMRAP Benchmark						
Tuck Ups	Reps:	Reps:	Reps:	Reps:	Reps:	Reps:
Block 6: 5:00 AMRAP Benchmark						
10 Snatches 5 Right, 5 Left	Weight:					
	Total Reps:					
10 Push Ups	Total Reps:					