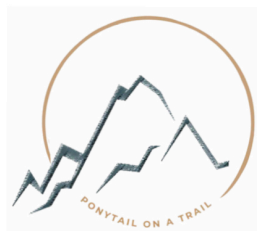


INTERMEDIATE PROGRAM

Weeks 7-9 Schedule :

MONDAY	3x12 Strength Workout
TUESDAY	HIIT (high intensity intervals) Workout
WEDNESDAY	Optional workout: Aerobic Cardio Options: jogging, biking, elliptical, incline walking or stair climber- steady state for 40 minutes – 6 or 7 effort level out of 10
THURSDAY	3x1 minute for strength Cardio interval finisher
FRIDAY	REST. Optional 30+ minute walk.
SATURDAY	Aerobic Cardio Options: jogging, biking, elliptical, incline walking or stair climber- steady state for 45 minutes – 6 or 7 effort level out of 10
SUNDAY	Rest day or go for a walk, hike, do restorative yoga or stretch! Take care of your body so that you feel recovered entering a new week.



INTERMEDIATE PROGRAM

Weeks 7-9 : Monday

Equipment needed: Medium Dumbbells + pullup bar if available

EXERCISE	TIME/REPS/INTENSITY NOTES
DB bulgarian deadlifts (per side) Field goal presses DB v-ups	3 sets of 12 reps Rest 2-3 minutes between sets Minimal rest between exercises.
DB single leg back elevated glute thrust (squeeze at the top for 3 seconds each- each side) Split stance double arm rows (per side) OR pullups if you have access Side plank hop drops with lower knee drive (per side)	
Around the world lunges (6 rounds per leg) Chest fly to pullover Plank to PU position (up + down is 1 rep)	

REPEAT EACH SET 3X THROUGH BEFORE MOVING ON-
REST 2-3 MINUTES BETWEEN SETS

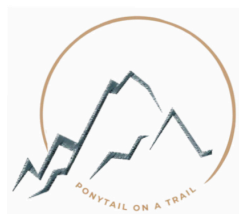


INTERMEDIATE PROGRAM

Weeks 7-9 : Tuesday

Equipment needed: Bodyweight + timer

EXERCISE	TIME/REPS/INTENSITY NOTES
<u>Speed skaters</u>	Week 7: 30 seconds on, 20 seconds off.
<u>Pop jacks with punches</u>	Week 8: 40 seconds on, 20 seconds off.
<u>8 running man, 8 high knees</u>	Week 9: 45 seconds on, 15 seconds off.
<u>Narrow to wide squat hops</u>	GO ALL OUT on intervals!
<u>Thigh slappers</u>	Repeat 2x (3x if you have the time/energy) with 2 minutes of rest between each round.
<u>Fast feet to runners lunge R leg back</u>	
<u>Fast feet to runners lunge L leg back</u>	
<u>4 push ups, 4 pike hops</u>	
<u>Wide high knees</u>	
<u>Sumo drops with heel click</u>	



INTERMEDIATE PROGRAM

Weeks 7-9 : Thursday

Equipment needed: Heavy Dumbbells + timer

EXERCISE	TIME/REPS/INTENSITY NOTES
<p>Double pulse deadlift</p> <p>Side plank row (each side)</p> <p>Curtsey lunge to press (each side)</p> <p>Reverse flyes</p> <p>Split stance curls (each side)</p> <p>Lateral lunge with front raise (each side)</p> <p>Rest 30 seconds - REPEAT</p>	<p>3 sets of 1 minute each exercise</p> <p>Go as heavy as you can on the strength with minimal rest between exercises.</p>
<p>Options:</p> <p>jogging, biking, elliptical or stair climber</p>	<p>Cardio interval finisher</p> <p>Go at a decent pace for 4 minutes, then go slow for 1 minute. Alternate for 20 minutes</p>

