

INTERMEDIATE PROGRAM

Weeks 10-12 Schedule :

MONDAY	3x12 Strength Workout
TUESDAY	Aerobic Cardio Options: jogging, biking, elliptical, incline walking or stair climber- steady state for 45 minutes – 6 or 7 effort level out of 10
WEDNESDAY	Optional workout: AMRAP Workout OR Walk for 30+ minutes
THURSDAY	HIIT (High intensity intervals) Workout
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 10-12 : Monday

Equipment needed: Medium Dumbbells

EXERCISE	TIME/REPS/INTENSITY NOTES
<p>Squat to reverse twisting press</p> <p>PU position rows (20 total- go slow)</p> <p>Reverse crunches (slow lower)</p>	<p>3 sets of 12 reps</p> <p>Rest 2-3 minutes between sets. Minimal rest between exercises.</p>
<p>DB back elevated glute thrust (squeeze at the top for 5 seconds each)</p> <p>Alternating wide hammer curls (12 per side)</p> <p>PU position swinging taps (12 per side)</p>	
<p>Pendulum lunge (6 per side)</p> <p>Lying Tri ext</p> <p>Ab circles</p>	

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



INTERMEDIATE PROGRAM

Weeks 10-12 : Wednesday

Equipment needed: Light Dumbbells + timer

EXERCISE	TIME/REPS/INTENSITY NOTES
5 minutes: 12 Squat jack to press , 12 (6 of each) Wide to narrow pushups , split stance deadlifts (12 per side)	Optional workout OR go for 30+ minute walk AMRAP: rest 1-2 minutes between rounds For a challenge, repeat through some blocks or all blocks a second time!
5 minutes: Situp to v-up (12 of each), Jumping lunges (12 of each), Lateral lunge with knee drive (12 each)	
5 minutes: 12 dips , 12 reverse lunge with front raise (12 of each), 12 high rows	
5 minutes: 12 squat to side leg raise (each side), 12 squat to curl, crab glute thrusts SINGLE leg (each side)	



INTERMEDIATE PROGRAM

Weeks 10-12 : Thursday

Equipment needed: Light weights + timer

EXERCISE	TIME/REPS/INTENSITY NOTES
<u>Sumo deadlift to high row</u>	Week 10: 30 seconds on, 20 seconds off.
<u>Jumping jack with front raise</u>	Week 11: 40 seconds on, 20 seconds off.
<u>Rev lunge to kick L leg</u> <u>Rev lunge to kick R leg</u>	Week 12: 45 seconds on, 15 seconds off.
<u>Side hops</u>	GO ALL OUT on intervals!
<u>Push up position side hops</u>	Repeat 3x with 1-2 minutes of rest between rounds
<u>Burpee to tuck jump</u>	
<u>Pivot hop with punches</u>	
<u>Fast kicks</u>	
<u>8 mountain climbers to pop up</u>	

