

# INTERMEDIATE PROGRAM

## Weeks 1-3 Schedule :

<b>MONDAY</b>	4x10 Strength Workout
<b>TUESDAY</b>	Optional workout- Cardio intervals Options: jogging, biking, elliptical or stair climber- Go at a decent pace for 3 minutes, then go slow for 1 minute. Alternate for 40 minutes.
<b>WEDNESDAY</b>	2 x 1 minute for muscular endurance
<b>THURSDAY</b>	Aerobic Cardio Options: jogging, biking, elliptical, incline walking or stair climber- steady state for 40 minutes – 6 or 7 effort level out of 10
<b>FRIDAY</b>	4x8 Strength Workout
<b>SATURDAY</b>	Optional workout- Aerobic Cardio Options: jogging, biking, incline walking, elliptical or stair climber- steady state for 30 minutes – 6 or 7 effort level out of 10
<b>SUNDAY</b>	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 1-3 : Monday

Equipment needed: Medium Dumbbells + TRX cables if available

EXERCISE	TIME/REPS/INTENSITY NOTES
<p><a href="#">Goblet reverse lunges</a> (each side)</p> <p>Wide <a href="#">push ups</a>- chest all the way down and go slow</p> <p><a href="#">Plank knee drives</a> (each side)</p>	3 sets of 10 reps- Rest 1.5-3 minutes between sets. Minimal rest between exercises.
<p><a href="#">Lawn mowers</a> (each side)</p> <p>If access to cables/TRX/etc... perform rows. If only access to DBs...perform <a href="#">bent over wide rows</a></p> <p><a href="#">Hip raises</a> (each side- hold at the top for 3 seconds each)</p>	
<p><a href="#">Squat to press</a></p> <p><a href="#">Split stance tri ext</a> (each side)</p> <p><a href="#">DB heel drops</a> (each side- go slow)</p>	

REPEAT EACH SET 3X THROUGH BEFORE MOVING ON-  
REST 1.5-3 MINUTES BETWEEN SETS



# INTERMEDIATE PROGRAM

Weeks 1-2 : Wednesday

Equipment needed: Light Dumbbells+ timer

EXERCISE	TIME/REPS/INTENSITY NOTES
<u>Hammer curls</u>	Muscular endurance- 2 sets of 1 minute each exercise  1-2 minutes of rest between rounds – rest as needed between exercises
<u>Hammy thrusts</u>	
<u>Bulgarian split squats R leg</u> <u>Bulgarian split squats L leg</u>	
<u>Tricep dips</u>	
<u>DB pullover</u>	
<u>Squat jump with press out</u>	
<u>DB swings</u>	
<u>Reverse lunge to press R arm</u> <u>Reverse lunge to press L arm</u>	
<u>Small v-ups</u>	
<u>Single leg DB glute thrust R leg</u> <u>Single leg DB glute thrust L leg</u>	
<u>Sumo squat hold with DB twist</u>	
<u>Side kick R leg</u> <u>Side kick L leg</u>	

REPEAT EACH SET 2X THROUGH BEFORE MOVING ON-  
REST 1-2 MINUTES BETWEEN SETS



# INTERMEDIATE PROGRAM

## Weeks 1-3 : Friday

Equipment needed: Heavy Dumbbells + pullup bar if available

EXERCISE	TIME/REPS/INTENSITY NOTES
<a href="#">Deadlift</a> <a href="#">Chest fly</a>	4 sets of 8 reps Supersets (heavier weights)  Rest 2-3 minutes between sets and minimal rest between exercises  *SLOW on the eccentric (the lowering phase of each lift)*
<a href="#">Split squat</a> – if possible, elevate your FRONT foot (each side)  Pull ups or HEAVY <a href="#">DB pullover</a>	
<a href="#">Split stance single arm row</a> (each side)  <a href="#">Double heel drops</a>	

REPEAT EACH SET 4X THROUGH BEFORE MOVING ON-  
REST 2-3 MINUTES BETWEEN SETS

