

INTERMEDIATE PROGRAM

Weeks 4-6 Schedule :

MONDAY	3x10 Strength Workout
TUESDAY	<p>HIIT (high intensity intervals) Options: sprinting, battle ropes, biking, incline running, elliptical or stair climber- go ALL OUT for 30 seconds – go slow to recover for 1 minute – repeat for 20 minutes.</p> <p>Then slow cardio for another 10 minutes in week 1, 15 minutes in week 2, and 20 minutes in week 3.</p>
WEDNESDAY	Optional workout- AMRAP (As many rounds as possible)
THURSDAY	<p>Aerobic Cardio Options: jogging, biking, elliptical, incline walking or stair climber- steady state for 40 minutes – 6 or 7 effort level out of 10</p>
FRIDAY	4x8 Strength Workout
SATURDAY	<p>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</p>
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.

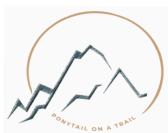
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Weeks 4-6 : Monday

Equipment needed: Medium Dumbbells

EXERCISE	TIME/REPS/INTENSITY NOTES
Double rack, double pulse squats Back elevated GT , double pulse SLDL (per side)	3 sets of 10 reps Rest 2 minutes between sets. Minimal rest between exercises.
Half fly, half press (per side) Alternating field goal presses Alternating bent over rows (per side)	
Plank saw then hold plank for 5 seconds- repeat for 10 reps V-up then hold hollow body bottom position for 5 seconds- repeat for 10 reps Oblique v-ups (per side)	

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

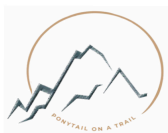


INTERMEDIATE PROGRAM

Weeks 4-6 : Wednesday

Equipment needed: Light Dumbbells + timer

EXERCISE	TIME/REPS/INTENSITY NOTES
4 minutes: 12 DB squat to press , 12 Split squat hops (per leg), 12 DB glute thrusts	Optional workout- AMRAP- As many rounds as possible. Rest 2 minutes between each round but rest minimally throughout the duration of each round
4 minutes: 12 Tricep pushups , 12 sumo deadlifts , 12 wide bicep curls	
4 minutes: 10 ab U's , 20 side plank rows (10 per side), 20 reverse lunge with twist (10 per side)	
4 minutes: 20 Jumping jack with press , 20 lateral lunge with high row (10 per side), 20 beast rows (10 per side)	
4 minutes: 12 OH tri extension , 12 reverse lunge to kick (per side), 12 squat jack w/ twist (per side)	



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Weeks 4-6 : Friday

Equipment needed: Heavy Dumbbells

EXERCISE	TIME/REPS/INTENSITY NOTES
Deadlift -5 second eccentric Narrow chest press to pullover	4 sets of 8 reps Supersets (heavier weights) Rest 2-3 minutes between sets and minimal rest between exercises Some exercises have tempo for eccentric (lowering phase of the lift)
Bulgarian split squats (per side)- 5 second eccentric Bent over single arm row (per side) – 5 second eccentric	
Half-kneeling windmill (per side) DB double hand step-ups (per side)	

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

