

INTERMEDIATE

Day: 1

Chest/Shldr/Tri	Sets	Reps
Flat Bar Pr	3	12
Cable Crossover	3	12
D/B O/H Pr	3	12
D/B Lat Raise	3	12
Bar Shrugs	3	12
Cable Ext	3	12
O/H D/B Ext	3	12
Triceps Dips	2	15

Day: 3

Back/Biceps	Sets	Reps
Asst Pull Up (CG)	3	10-12
Lat Pull Dn	3	12
Lat Pull Dn (CG)	3	12
Seated Row	3	12
One Arm Row	3	12
Bar Curl	3	12
Cable Curl	3	12
Preacher Curl	3	12

Day: 5

Legs	Sets	Reps
Bar Squats	4	10-12
Leg Ext	4	15
Leg Pr	3	10-12
Leg Curl	4	12
Seated Calf	3	20
Standing Calf	3	15-20
Back Ext (M/C)	4	15

Day: 2,4,6

Cardio/Functional/Abs	Sets	Reps
Hanging On Monkey Bar	4	20 sec
Jumping Jack	4	1 min
Mountain Climbers	4	1 min
Burpees	3	20 reps

ABS:

Floor Crunches (20 sec x 3)

Rev Crunches (20 sec x 3)

Planks (40 sec x 3)

DP.S: Please eat before a workout & Keep yourself-hydrated at all times.

Warm up 10min before your workout. Please Stretch after your workout

If you feel dizzy please discontinue the fitness program.