



**INTERMEDIATE
WORKOUT PROGRAM**
1 - 3 YEARS
LIFTING EXPERIENCE

Intermediate Workout Program
Workouts 1 and 3

Date: _____ Start Time: _____
 Day: _____ Finish Time: _____
 Total Time: _____

Prev Nights Sleep Rating (1-10): _____
 Prev Meal / Drinks: _____
 Today's Energy Rating (1-10): _____

CHEST / BACK / ARMS

Order	Exercise	Sets	Rep Target	Set 1		Set 2		Set 3		Comments
				weight	reps	weight	reps	weight	reps	
1	Flat Barbell Bench Press (C)	3	7 - 9							
2	Barbell Bent Over Row (C)	3	7 - 9							
3	Cable Crossover	3	10 - 12							
4	Cable Lat Pulldown	3	10 - 12							
5	Standing Barbell Bicep Curl	3	10 - 12							
6	Close Grip Tricep Bench Press	3	10 - 12							

Notes:

- This workout is your first and third workout for each week.
- Warm up: Start with any general warm up, mobility or flexibility exercises of your choice and take light warm up sets as needed, before your work sets
- Sets: Perform 3 sets of each exercise (not counting any warm up sets). If it is a de-load week (every 4th week), then just do two sets, and use the lowest weight and reps you've completed since the last de-load.
- Weight: Use a weight you can perform the required reps using good technique and form. If your form is getting sloppy, then use a lower weight.
- Rest: Rest as long as needed between sets, start the next set as soon as you feel you have your breath and energy back (normally 1 - 3 minutes)
- Progression: Complete the exercise with good form and technique, adjust weight and reps as instructed in the "Program Progression" tab on the intermediate workout page.
- Cooldown: Stretch carefully after your workout.
- Help Needed: Msg me on GeorgeMinors@iCloud.com if you have any questions about how to complete the workout.
- Workout Link: Direct link to the workout Program is here: <https://www.georgehealth.com/toolkit/workouts/intermediate-workouts/>



**INTERMEDIATE
WORKOUT PROGRAM**
1 - 3 YEARS
LIFTING EXPERIENCE

Intermediate Workout Program
Workouts 2 and 4

Date: _____ Start Time: _____
Day: _____ Finish Time: _____
Total Time: _____

Prev Nights Sleep Rating (1-10): _____
Prev Meal / Drinks: _____
Today's Energy Rating (1-10): _____

LEGS / SHOULDERS / ABS

Order	Exercise	Sets	Rep Target	Set 1		Set 2		Set 3		Comments
				weight	reps	weight	reps	weight	reps	
1	Barbell Squat (C)	3	7 - 9							
2	Dumbbell Lunges (C)	3	7 - 9							
3	Seated Dumbbell Shoulder Press (C)	3	7 - 9							
4	Dumbbell Lateral Raises (I)	3	10 - 12							
5	Floor Crunches (I)	3	20 - 25							

Notes:

This workout is your second and fourth workout for each week.

Warm up: Start with any general warm up, mobility or flexibility exercises of your choice and take light warm up sets as needed, before your work sets

Sets: Perform 3 sets of each exercise (not counting any warm up sets). If it is a de-load week (every 4th week), then just do two sets, and use the lowest weight and reps you've completed since the last de-load.

Weight: Use a weight you can perform the required reps using good technique and form. If your form is getting sloppy, then use a lower weight.

Rest: Rest as long as needed between sets, start the next set as soon as you feel you have your breath and energy back (normally 1 - 3 minutes)

Progression: Complete the exercise with good form and technique, adjust weight and reps as instructed in the "Program Progression" tab on the intermediate workout page.

Cooldown: Stretch carefully after your workout.

Help Needed: Msg me on GeorgeMinors@iCloud.com if you have any questions about how to complete the workout.

Workout Link: Direct link to the workout Program is here: <https://www.georgehealth.com/toolkit/workouts/intermediate-workouts/>