

Intermediate Home Workout

Frequency: 4 times per week

Duration: 45-60 minutes per session

1. Warm-up: 5-10 minutes of dynamic stretching and high knees.

2. Workout:

- Jump Squats - 4 sets of 15 reps.

- Push-Ups - 4 sets of 12-15 reps.

- Bulgarian Split Squats - 4 sets of 12 reps per leg.

- Plank with Shoulder Taps - 4 sets of 20 taps.

- Burpees - 4 sets of 10-12 reps.

3. Cool-down: 5-10 minutes of stretching focusing on worked muscles.