

# Intermediate Gym Workout

Frequency: 4 times per week

Duration: 60-75 minutes per session

1. Warm-up: 5-10 minutes of dynamic stretching and light cardio.

2. Workout:

- Barbell Squats - 4 sets of 8-10 reps.

- Deadlifts - 4 sets of 6-8 reps.

- Bench Press - 4 sets of 8-10 reps.

- Pull-Ups or Assisted Pull-Ups - 4 sets of 8-10 reps.

- Overhead Press - 4 sets of 8 reps.

- Russian Twists - 3 sets of 20 reps per side.

3. Cool-down: 10 minutes of stretching and foam rolling.