

# Intermediate workout

## Day 4

notes :

start with light weights first then add more weights in the next reps

rest time between sets 1-2 minutes

rest time between exercises 2-3 minutes

<a href="https://youtu.be/n1jib68YOy4">https://youtu.be/n1jib68YOy4</a>	5 minutes	warm up
<a href="https://youtu.be/zh9jYIKL5r4">https://youtu.be/zh9jYIKL5r4</a>	1 minute	Stretch
<a href="https://youtu.be/N7-buyVjzgY">https://youtu.be/N7-buyVjzgY</a>	sets 4 reps 12-10-10-8  weight	Shoulder  DM Shoulder press
<a href="https://youtu.be/sPfqZYm4sT0">https://youtu.be/sPfqZYm4sT0</a>	Sets 4 reps 12-10-10-10  weight	Shoulder Lateral Raise
<a href="https://youtu.be/KUTKf2YfF-Y">https://youtu.be/KUTKf2YfF-Y</a>	Sets 3 reps 12-10-10  weight	Shoulder Cable Front Raise
<a href="https://youtu.be/Y288O5nZRbl">https://youtu.be/Y288O5nZRbl</a>	Sets 3 reps 12-12-10  weight 20-25-25 kg	Shoulder UPright row

<a href="https://youtu.be/dqResjF4yOk">https://youtu.be/dqResjF4yOk</a>	Sets 3 reps 10-10-10  weight 5-8-10 kg	<b>Shoulder</b> DM rear delt fly
<a href="https://youtu.be/pfY-d1CU-Ec">https://youtu.be/pfY-d1CU-Ec</a>	Sets 3 reps 15-12 -10  weight	<b>Shoulder</b> rear delt fly machine
<a href="https://youtu.be/sCTLLDEobkw">https://youtu.be/sCTLLDEobkw</a>	Sets 3 reps 15-12-12  weight 20-30-35 kg	<b>Shoulder</b> Shrugs
<a href="https://youtu.be/4XfB4jlhfMY">https://youtu.be/4XfB4jlhfMY</a>	20 minutes	<b>Cardio</b> jogging speed 9 km/h