

Intermediate workout

Day 5

notes :

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

rest time between sets 1 minute

rest time between exercises 1- 2 minutes

https://youtu.be/C74zIWEv2oI	1 minute	warm up High Knee Jump
https://youtu.be/zh9jYIKL5r4	1 minute	Stretch
https://youtu.be/Vr1WwY_Xkog	sets 4 reps 15-15-12-10 weight 20-22-25-30 kg	Leg Goblet Squat
https://youtu.be/4sXOyKElgh4	Sets 4 reps 15-12-10-8 weight	Leg DM deadlift
https://youtu.be/Gy2nibXyOt4	Sets 4 reps 12-10-10-8 weight	Leg Leg Extension
https://youtu.be/u1QMjVWhTe0	Sets 3 reps 10-10-10 weight	Leg Cable Hip Abduction

https://youtu.be/yo4oIKHOqrg	Sets 5 reps 20-15-15-12 weight	Calf Calf raise
https://youtu.be/snJIZwAzlaE	Sets 3 reps 15-15-15 weight	Abs Abs Rope Crunch
https://youtu.be/YCK_ZpDSwS4	Sets 3 30 seconds each set	Abs Leg raise
https://youtu.be/t_DvTk12Mds	Sets 3 reps 15-15-12 weight	Abs Cable core stabilizer
https://youtu.be/Hpe5hsgAN7g	Sets 2 25 seconds each set	Abs Sliding core workout
https://youtu.be/j4A-aSdhJT8	40 minutes	Cardio Walking speed 5 km/h