



## Exercise Plan: Intermediate Level



## Day 1: Legs+ Abs

### 01 Barbell Full Squats

Muscle: Quads, Hamstrings & Glutes

Video Link: <https://www.youtube.com/embed/1rqu7Cnet5M>



Number of Sets	Reps	Rest between Sets
Standard Set 1	8 - 12 Reps	45 Secs
Standard Set 2	8 - 12 Reps	45 Secs
Standard Set 3	8 - 12 Reps	45 Secs
Standard Set 4	8 - 12 Reps	45 Secs

### 02 Front Lunge Walk

Muscle: Quads, Hamstrings & Glutes

Video Link: <https://www.youtube.com/embed/RK9tpMPsLeA>



Number of Sets	Reps	Rest between Sets
Standard Set 1	20 (Each side)	45 Secs
Standard Set 2	20 (Each side)	45 Secs
Standard Set 3	20 (Each side)	45 Secs
Standard Set 4	20 (Each side)	45 Secs

## Day 1: Legs+ Abs

### 03 Leg Curl

Muscle: Hamstrings

Video Link: <https://www.youtube.com/embed/dJTq8PCt600>



Number of Sets	Reps	Rest between Sets
Standard Set 1	12 - 15 Reps	45 Secs
Standard Set 2	12 - 15 Reps	45 Secs
Standard Set 3	12 - 15 Reps	45 Secs
Standard Set 4	12 - 15 Reps	45 Secs

### 04 Leg Extension

Muscle: Quads

Video Link: <https://www.youtube.com/embed/4sYdodAr4oo>



Number of Sets	Reps	Rest between Sets
Standard Set 1	15 Reps	45 Secs
Standard Set 2	15 Reps	45 Secs
Standard Set 3	15 Reps	45 Secs
Standard Set 4	15 Reps	45 Secs

## Day 1: Legs+ Abs

### 05 Glute Bridge

Muscle: Glutes

Video Link: [https://www.youtube.com/embed/N\\_Jqm04\\_Nw8](https://www.youtube.com/embed/N_Jqm04_Nw8)



Number of Sets	Reps	Rest between Sets
Standard Set 1	12 - 15 Reps	45 Secs
Standard Set 2	12 - 15 Reps	45 Secs
Standard Set 3	12 - 15 Reps	45 Secs
Standard Set 4	12 - 15 Reps	45 Secs

### 06 Safety Bar Seated Calf Raise

Muscle: Calves

Video Link: <https://www.youtube.com/embed/arFj-gW-d4s>



Number of Sets	Reps	Rest between Sets
Standard Set 1	12 - 15 Reps	45 Secs
Standard Set 2	12 - 15 Reps	45 Secs
Standard Set 3	12 - 15 Reps	45 Secs
Standard Set 4	12 - 15 Reps	45 Secs

## Day 1: Legs+ Abs

### 07 Standing Calf Raise

Muscle: Calves

Video Link: <https://www.youtube.com/embed/pASNsL7mqqs>



Number of Sets	Reps	Rest between Sets
Standard Set 1	12 - 15 Reps	45 Secs
Standard Set 2	12 - 15 Reps	45 Secs
Standard Set 3	12 - 15 Reps	45 Secs
Standard Set 4	12 - 15 Reps	45 Secs

### 08 Weighted Hanging Leg Raise

Muscle: Abs

Video Link: <https://www.youtube.com/embed/UWgdyHo02E4>



Number of Sets	Reps	Rest between Sets
Standard Set 1	8 - 12 Reps	45 Secs
Standard Set 2	8 - 12 Reps	45 Secs
Standard Set 3	8 - 12 Reps	45 Secs
Standard Set 4	8 - 12 Reps	45 Secs

## 09 Weighted Crunch

Muscle: **Abs**

Video Link: <https://www.youtube.com/embed/fSKADgBR5Lk>



Number of Sets	Reps	Rest between Sets
Standard Set 1	15 - 20 Reps	45 Secs
Standard Set 2	15 - 20 Reps	45 Secs
Standard Set 3	15 - 20 Reps	45 Secs
Standard Set 4	15 - 20 Reps	45 Secs

## 01 Barbell Decline Bench Press

Muscle: Chest

Video Link: <https://www.youtube.com/embed/bobvShoVXTs>



Number of Sets	Reps	Rest between Sets
Standard Set 1	8 - 10 Reps	45 Secs
Standard Set 2	8 - 10 Reps	45 Secs
Standard Set 3	8 - 10 Reps	45 Secs
Standard Set 4	8 - 10 Reps	45 Secs

## 02 Cable Standing Incline chest fly

Muscle: Chest

Video Link: <https://www.youtube.com/embed/c74X4rppPmg>



Number of Sets	Reps	Rest between Sets
Standard Set 1	10 - 12 Reps	45 Secs
Standard Set 2	10 - 12 Reps	45 Secs
Standard Set 3	10 - 12 Reps	45 Secs
Standard Set 4	10 - 12 Reps	45 Secs

## 03 Cable Standing Fly

Muscle: Chest

Video Link: <https://www.youtube.com/embed/fUBXOyuf97Y>



Number of Sets	Reps	Rest between Sets
Standard Set 1	12 - 15 Reps	45 Secs
Standard Set 2	12 - 15 Reps	45 Secs
Standard Set 3	12 - 15 Reps	45 Secs
Standard Set 4	12 - 15 Reps	45 Secs

## 04 Dumbbell Shoulder Press

Muscle: Shoulder

Video Link: <https://www.youtube.com/embed/1EMeK0k7ZjY>



Number of Sets	Reps	Rest between Sets
Standard Set 1	8 -10 Reps	45 Secs
Standard Set 2	8 -10 Reps	45 Secs
Standard Set 3	8 -10 Reps	45 Secs
Standard Set 4	8 -10 Reps	45 Secs

## Day 2: Push

### 05 Cable Lateral Raise

Muscle: Shoulder

Video Link: <https://www.youtube.com/embed/LRYvch4RgJs>



Number of Sets	Reps	Rest between Sets
Standard Set 1	12 - 15 Reps	45 Secs
Standard Set 2	12 - 15 Reps	45 Secs
Standard Set 3	12 - 15 Reps	45 Secs
Standard Set 4	12 - 15 Reps	45 Secs

### 06 Close Grip Bench Press

Muscle: Triceps

Video Link: <https://www.youtube.com/embed/KcUUwQ4YL6U>



Number of Sets	Reps	Rest between Sets
Standard Set 1	6 - 8 Reps	45 Secs
Standard Set 2	6 - 8 Reps	45 Secs
Standard Set 3	6 - 8 Reps	45 Secs
Standard Set 4	6 - 8 Reps	45 Secs

## Day 2: Push

### 07 Skull Crusher

Muscle: Triceps

Video Link: <https://www.youtube.com/embed/pV4nM5kUfKQ>



Number of Sets	Reps	Rest between Sets
Standard Set 1	10 - 12 Reps	45 Secs
Standard Set 2	10 - 12 Reps	45 Secs
Standard Set 3	10 - 12 Reps	45 Secs
Standard Set 4	10 - 12 Reps	45 Secs

### 08 Cable Triceps Extension (with rope)

Muscle: Triceps

Video Link: [https://www.youtube.com/embed/\\_fpIRwhqyGw](https://www.youtube.com/embed/_fpIRwhqyGw)



Number of Sets	Reps	Rest between Sets
Standard Set 1	10 - 12 Reps	45 Secs
Standard Set 2	10 - 12 Reps	45 Secs
Standard Set 3	10 - 12 Reps	45 Secs
Standard Set 4	10 - 12 Reps	45 Secs

## Day 3: Pull

### 01 Sumo Deadlift

Muscle: Lats, Quads, Hamstrings, Glutes

Video Link: [https://www.youtube.com/embed/\\_i74fwbSFtQ](https://www.youtube.com/embed/_i74fwbSFtQ)



Number of Sets	Reps	Rest between Sets
Standard Set 1	8 - 12 Reps	45 Secs
Standard Set 2	8 - 12 Reps	45 Secs
Standard Set 3	8 - 12 Reps	45 Secs
Standard Set 4	8 - 12 Reps	45 Secs

### 02 Lat pull down

Muscle: Lats

Video Link: [https://www.youtube.com/embed/yVYJMMhk\\_SM](https://www.youtube.com/embed/yVYJMMhk_SM)



Number of Sets	Reps	Rest between Sets
Standard Set 1	8 - 10 Reps	45 Secs
Standard Set 2	8 - 10 Reps	45 Secs
Standard Set 3	8 - 10 Reps	45 Secs
Standard Set 4	8 - 10 Reps	45 Secs

## Day 3: Pull

### 03 Bent Over Row ( Barbell ) - Close Grip

Muscle: Lats

Video Link: <https://www.youtube.com/embed/y08UlbWM0co>



Number of Sets	Reps	Rest between Sets
Standard Set 1	10 - 12 Reps	45 Secs
Standard Set 2	10 - 12 Reps	45 Secs
Standard Set 3	10 - 12 Reps	45 Secs
Standard Set 4	10 - 12 Reps	45 Secs

### 04 Seated Row

Muscle: Lats

Video Link: <https://www.youtube.com/embed/lpB187U73PQ>



Number of Sets	Reps	Rest between Sets
Standard Set 1	12 - 15 Reps	45 Secs
Standard Set 2	12 - 15 Reps	45 Secs
Standard Set 3	12 - 15 Reps	45 Secs
Standard Set 4	12 - 15 Reps	45 Secs

## Day 3: Pull

### 05 Dumbbell Rear Delt Row

Muscle: Shoulder

Video Link: <https://www.youtube.com/embed/kvEnJsTrJYM>



Number of Sets	Reps	Rest between Sets
Standard Set 1	12 - 15 Reps	45 Secs
Standard Set 2	12 - 15 Reps	45 Secs
Standard Set 3	12 - 15 Reps	45 Secs
Standard Set 4	12 - 15 Reps	45 Secs

### 06 Dumbbell Prone Incline Curls

Muscle: Biceps

Video Link: <https://www.youtube.com/embed/Ryt0byOUqMU>



Number of Sets	Reps	Rest between Sets
Standard Set 1	8 - 10 Reps	45 Secs
Standard Set 2	8 - 10 Reps	45 Secs
Standard Set 3	8 - 10 Reps	45 Secs
Standard Set 4	8 - 10 Reps	45 Secs

## Day 3: Pull

### 07 Incline Dumbbell Alternative Curl

Muscle: Biceps

Video Link: <https://www.youtube.com/embed/10xqoN3eGRU>



Number of Sets	Reps	Rest between Sets
Standard Set 1	12 - 15 Reps	45 Secs
Standard Set 2	12 - 15 Reps	45 Secs
Standard Set 3	12 - 15 Reps	45 Secs
Standard Set 4	12 - 15 Reps	45 Secs

### 08 Preacher Curls

Muscle: Biceps

Video Link: <https://www.youtube.com/embed/10xqoN3eGRU>



Number of Sets	Reps	Rest between Sets
Standard Set 1	12 - 15 Reps	45 Secs
Standard Set 2	12 - 15 Reps	45 Secs
Standard Set 3	12 - 15 Reps	45 Secs
Standard Set 4	12 - 15 Reps	45 Secs

## Day 4: Legs+ Abs

### 01 Barbell Deadlift

Muscle: Quads, Hamstrings & Glutes

Video Link: <https://www.youtube.com/embed/CCCYBallahw>



Number of Sets	Reps	Rest between Sets
Standard Set 1	8 - 12 Reps	45 Secs
Standard Set 2	8 - 12 Reps	45 Secs
Standard Set 3	8 - 12 Reps	45 Secs
Standard Set 4	8 - 12 Reps	45 Secs

### 02 Front Lunge Walk

Muscle: Quads, Hamstrings & Glutes

Video Link: <https://www.youtube.com/embed/RK9tpMPsLeA>



Number of Sets	Reps	Rest between Sets
Standard Set 1	20 (Each side)	45 Secs
Standard Set 2	20 (Each side)	45 Secs
Standard Set 3	20 (Each side)	45 Secs
Standard Set 4	20 (Each side)	45 Secs

## Day 4: Legs+ Abs

### 03 Leg Curl

Muscle: Hamstrings

Video Link: <https://www.youtube.com/embed/dJTq8PCt600>



Number of Sets	Reps	Rest between Sets
Standard Set 1	12 - 15 Reps	45 Secs
Standard Set 2	12 - 15 Reps	45 Secs

### 04 Leg Extension

Muscle: Quads

Video Link: <https://www.youtube.com/embed/4sYdodAr4oo>



Number of Sets	Reps	Rest between Sets
Standard Set 1	15 Reps	45 Secs
Standard Set 2	15 Reps	45 Secs
Standard Set 3	15 Reps	45 Secs
Standard Set 4	15 Reps	45 Secs

## Day 4: Legs+ Abs

### 05 Glute Bridge

Muscle: Glutes

Video Link: [https://www.youtube.com/embed/N\\_Jqm04\\_Nw8](https://www.youtube.com/embed/N_Jqm04_Nw8)



Number of Sets	Reps	Rest between Sets
Standard Set 1	12 - 15 Reps	45 Secs
Standard Set 2	12 - 15 Reps	45 Secs
Standard Set 3	12 - 15 Reps	45 Secs
Standard Set 4	12 - 15 Reps	45 Secs

### 06 Safety Bar Seated Calf Raise

Muscle: Calves

Video Link: <https://www.youtube.com/embed/arFj-gW-d4s>



Number of Sets	Reps	Rest between Sets
Standard Set 1	12 - 15 Reps	45 Secs
Standard Set 2	12 - 15 Reps	45 Secs
Standard Set 3	12 - 15 Reps	45 Secs
Standard Set 4	12 - 15 Reps	45 Secs

## Day 4: Legs+ Abs

### 07 Standing Calf Raise

Muscle: Calves

Video Link: <https://www.youtube.com/embed/pASNsL7mqqs>



Number of Sets	Reps	Rest between Sets
Standard Set 1	12 - 15 Reps	45 Secs
Standard Set 2	12 - 15 Reps	45 Secs
Standard Set 3	12 - 15 Reps	45 Secs
Standard Set 4	12 - 15 Reps	45 Secs

### 08 Weighted Hanging Leg Raise

Muscle: Abs

Video Link: <https://www.youtube.com/embed/UWgdyHo02E4>



Number of Sets	Reps	Rest between Sets
Standard Set 1	8 - 12 Reps	45 Secs
Standard Set 2	8 - 12 Reps	45 Secs
Standard Set 3	8 - 12 Reps	45 Secs
Standard Set 4	8 - 12 Reps	45 Secs

## 09 Weighted Crunch

Muscle: **Abs**

Video Link: <https://www.youtube.com/embed/fSKADgBR5Lk>



Number of Sets	Reps	Rest between Sets
Standard Set 1	15 - 20 Reps	45 Secs
Standard Set 2	15 - 20 Reps	45 Secs
Standard Set 3	15 - 20 Reps	45 Secs
Standard Set 4	15 - 20 Reps	45 Secs

## 01 Dumbbell Bench Press

Muscle: Chest

Video Link: <https://www.youtube.com/embed/WRVHrQ72NWM>



Number of Sets	Reps	Rest between Sets
Standard Set 1	8 - 10 Reps	45 Secs
Standard Set 2	8 - 10 Reps	45 Secs
Standard Set 3	8 - 10 Reps	45 Secs
Standard Set 4	8 - 10 Reps	45 Secs

## 02 Smith Machine Incline Barbell Bench Press

Muscle: Chest

Video Link: <https://www.youtube.com/embed/YYKqWHddKsE>



Number of Sets	Reps	Rest between Sets
Standard Set 1	10 - 12 Reps	45 Secs
Standard Set 2	10 - 12 Reps	45 Secs
Standard Set 3	10 - 12 Reps	45 Secs
Standard Set 4	10 - 12 Reps	45 Secs

## 03 Cable Standing Fly

Muscle: Chest

Video Link: <https://www.youtube.com/embed/fUBXOyuf97Y>



Number of Sets	Reps	Rest between Sets
Standard Set 1	12 - 15 Reps	45 Secs
Standard Set 2	12 - 15 Reps	45 Secs
Standard Set 3	12 - 15 Reps	45 Secs
Standard Set 4	12 - 15 Reps	45 Secs

## 04 Dumbbell Shoulder Press

Muscle: Shoulder

Video Link: <https://www.youtube.com/embed/1EMeK0k7ZjY>



Number of Sets	Reps	Rest between Sets
Standard Set 1	8 -10 Reps	45 Secs
Standard Set 2	8 -10 Reps	45 Secs
Standard Set 3	8 -10 Reps	45 Secs
Standard Set 4	8 -10 Reps	45 Secs

## Day 5: Push

### 05 Cable Lateral Raise

Muscle: Shoulder

Video Link: <https://www.youtube.com/embed/LRYvch4RgJs>



Number of Sets	Reps	Rest between Sets
Standard Set 1	12 - 15 Reps	45 Secs
Standard Set 2	12 - 15 Reps	45 Secs
Standard Set 3	12 - 15 Reps	45 Secs
Standard Set 4	12 - 15 Reps	45 Secs

### 06 Close Grip Bench Press

Muscle: Triceps

Video Link: <https://www.youtube.com/embed/KcUUwQ4YL6U>



Number of Sets	Reps	Rest between Sets
Standard Set 1	6 - 8 Reps	45 Secs
Standard Set 2	6 - 8 Reps	45 Secs
Standard Set 3	6 - 8 Reps	45 Secs
Standard Set 4	6 - 8 Reps	45 Secs

## Day 5: Push

### 07 Skull Crusher

Muscle: Triceps

Video Link: <https://www.youtube.com/embed/pV4nM5kUfKQ>



Number of Sets	Reps	Rest between Sets
Standard Set 1	10 - 12 Reps	45 Secs
Standard Set 2	10 - 12 Reps	45 Secs
Standard Set 3	10 - 12 Reps	45 Secs
Standard Set 4	10 - 12 Reps	45 Secs

### 08 Cable Triceps Extension (with rope)

Muscle: Triceps

Video Link: [https://www.youtube.com/embed/\\_fpIRwhqyGw](https://www.youtube.com/embed/_fpIRwhqyGw)



Number of Sets	Reps	Rest between Sets
Standard Set 1	10 - 12 Reps	45 Secs
Standard Set 2	10 - 12 Reps	45 Secs
Standard Set 3	10 - 12 Reps	45 Secs
Standard Set 4	10 - 12 Reps	45 Secs

## Day 6: Pull

### 01 Rack Pulls

Muscle: Lats, Quads, Hamstrings, Glutes

Video Link: <https://www.youtube.com/embed/WV5b1uL3kNY>



Number of Sets	Reps	Rest between Sets
Standard Set 1	8 - 12 Reps	45 Secs
Standard Set 2	8 - 12 Reps	45 Secs
Standard Set 3	8 - 12 Reps	45 Secs
Standard Set 4	8 - 12 Reps	45 Secs

### 02 Lat Pull Down

Muscle: Lats

Video Link: [https://www.youtube.com/embed/yVYJMMhk\\_SM](https://www.youtube.com/embed/yVYJMMhk_SM)



Number of Sets	Reps	Rest between Sets
Standard Set 1	8 - 10 Reps	45 Secs
Standard Set 2	8 - 10 Reps	45 Secs
Standard Set 3	8 - 10 Reps	45 Secs
Standard Set 4	8 - 10 Reps	45 Secs

## Day 6: Pull

### 03 Bent Over Row ( Barbell ) - Close Grip

Muscle: Lats

Video Link: <https://www.youtube.com/embed/y08UlbWM0co>



Number of Sets	Reps	Rest between Sets
Standard Set 1	10 - 12 Reps	45 Secs
Standard Set 2	10 - 12 Reps	45 Secs
Standard Set 3	10 - 12 Reps	45 Secs
Standard Set 4	10 - 12 Reps	45 Secs

### 04 Seated Row

Muscle: Lats

Video Link: <https://www.youtube.com/embed/lpB187U73PQ>



Number of Sets	Reps	Rest between Sets
Standard Set 1	12 - 15 Reps	45 Secs
Standard Set 2	12 - 15 Reps	45 Secs
Standard Set 3	12 - 15 Reps	45 Secs
Standard Set 4	12 - 15 Reps	45 Secs

## Day 6: Pull

### 05 Dumbbell Rear Delt Row

Muscle: Shoulder

Video Link: <https://www.youtube.com/embed/kvEnJsTrJYM>



Number of Sets	Reps	Rest between Sets
Standard Set 1	12 - 15 Reps	45 Secs
Standard Set 2	12 - 15 Reps	45 Secs
Standard Set 3	12 - 15 Reps	45 Secs
Standard Set 4	12 - 15 Reps	45 Secs

### 06 Dumbbell Prone Incline Curls

Muscle: Biceps

Video Link: <https://www.youtube.com/embed/Ryt0byOUqMU>



Number of Sets	Reps	Rest between Sets
Standard Set 1	8 - 10 Reps	45 Secs
Standard Set 2	8 - 10 Reps	45 Secs
Standard Set 3	8 - 10 Reps	45 Secs
Standard Set 4	8 - 10 Reps	45 Secs

## Day 6: Pull

### 07 Incline Dumbbell Alternative Curl

Muscle: Biceps

Video Link: <https://www.youtube.com/embed/10xqoN3eGRU>



Number of Sets	Reps	Rest between Sets
Standard Set 1	12 - 15 Reps	45 Secs
Standard Set 2	12 - 15 Reps	45 Secs
Standard Set 3	12 - 15 Reps	45 Secs
Standard Set 4	12 - 15 Reps	45 Secs

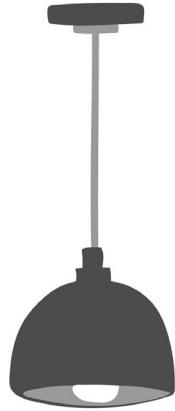
### 08 Preacher Curls

Muscle: Biceps

Video Link: <https://www.youtube.com/embed/10xqoN3eGRU>



Number of Sets	Reps	Rest between Sets
Standard Set 1	12 - 15 Reps	45 Secs
Standard Set 2	12 - 15 Reps	45 Secs
Standard Set 3	12 - 15 Reps	45 Secs
Standard Set 4	12 - 15 Reps	45 Secs



## Day 7: Rest Day

