

# INTERMEDIATE LEVEL-2

**DAY-1**

**CHEST/SHOULDER/TRICEPS**

**TRAINING DURATION-4 month**

**EXERCISE**

**TIME**

**REP**

**SET**

|                   |       |    |   |
|-------------------|-------|----|---|
| Warmup            | 15min |    |   |
| Push ups          |       | 15 | 4 |
| Flat bench press  |       | 15 | 4 |
| Incline press     |       | 15 | 4 |
| Pec fly           |       | 15 | 4 |
| Shoulder overhead |       | 15 | 4 |
| Lateral raises    |       | 15 | 4 |
| Tricep both hand  |       | 15 | 4 |
| Back dips         |       | 15 | 4 |
| Cool down         | 15min |    |   |

**Cool-down-spinning/treadmill/crosstrainer**



# INTERMEDIATE LEVEL-2

DAY-2

## BACK/BICEP

TRAINING DURATION-4 month

EXERCISE

TIME

REP

SET

|                  |       |    |   |
|------------------|-------|----|---|
| Running          | 15min |    |   |
| Pull ups         |       | 15 | 4 |
| Deadlift         |       | 15 | 4 |
| Latpull down     |       | 15 | 4 |
| Seated row       |       | 15 | 4 |
| One arm row      |       | 15 | 4 |
| Bicep curl (bar) |       | 15 | 4 |
| Hammer curl      |       | 15 | 4 |
| Preacher curl    |       | 15 | 4 |
| Cool down        | 15min |    |   |

Cool-down-spinning/treadmill/crosstrainer



# INTERMEDIATE LEVEL-2

DAY-3

## LEGS

TRAINING DURATION-4 month

EXERCISE

TIME

REP

SET

|                    |       |         |   |
|--------------------|-------|---------|---|
| Warmup             | 15min |         |   |
| Squats body weight |       | 100-150 |   |
| Leg press          |       | 15      | 4 |
| Leg curl           |       | 15      | 4 |
| Leg extension      |       | 15      | 4 |
| Abductor-Adductor  |       | 15      | 3 |
| Standing calf      |       | 15      | 4 |
| Leg raises         |       | 15      | 4 |
| Preacher curl      |       | 15      | 4 |
| Cool down          | 15min |         |   |

Cool-down-spinning/treadmill/crosstrainer



# INTERMEDIATE LEVEL-2

## DAY-4

## CHEST/SHOULDER/TRICEPS

**TRAINING DURATION**-4 month

| EXERCISE             | TIME  | REP | SET |
|----------------------|-------|-----|-----|
| Warmup               | 15min |     |     |
| Incline Pushups      |       | 15  | 4   |
| Flat bench press     |       | 15  | 4   |
| Decline press        |       | 15  | 4   |
| Incline fly          |       | 15  | 4   |
| Shoulder overhead    |       | 15  | 4   |
| Front raises/ Shrugs |       | 15  | 4   |
| Tricep pushdown      |       | 15  | 4   |
| Back dips            |       | 15  | 4   |
| Cool down            | 15min |     |     |

### Cool-down-spinning/treadmill/crosstrainer



# INTERMEDIATE LEVEL-2

DAY-5

## BACK/BICEP

TRAINING DURATION-4 month

EXERCISE

TIME

REP

SET

|                          |       |    |   |
|--------------------------|-------|----|---|
| Running                  | 15min |    |   |
| Back extension           |       | 15 | 4 |
| Bentover row             |       | 15 | 4 |
| Mid row                  |       | 15 | 4 |
| Close grip latpull down  |       | 15 | 4 |
| Alternate bicep curl D/B |       | 15 | 4 |
| Reverse curl             |       | 15 | 4 |
| Concentration            |       | 15 | 4 |
| Cool down                | 15min |    |   |

**Cool-down**-spinning/treadmill/crosstrainer



# INTERMEDIATE LEVEL-2

**DAY-6**

## LEGS

**TRAINING DURATION-4 month**

**EXERCISE**

**TIME**

**REP**

**SET**

|                |         |    |   |
|----------------|---------|----|---|
| Crosstrainer   | 20min   |    |   |
| Spinning cycle | 20min   |    |   |
| Sit ups        |         | 25 | 4 |
| Crunches       |         | 25 | 4 |
| Leg raises     |         | 20 | 4 |
| Weighted sides |         | 25 | 4 |
| Russian twist  |         | 20 | 4 |
| Plank          | 1:30min |    | 3 |

**Cool-down-treadmill incline walk 10min**

