INTERMEDIATE LEVEL-1

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DAY-1 PUSH MOVEMENT	TRA	INING DURAT	I ON -4 mon
EXERCISE	TIME	REP	SET
Cardio (sprints)	15min		
Push ups B/W		100	
D/B Decline press		15	4
D/B Flat press		15	4
O/H Shoulder press		15	4
Lateral raises		15	3

15

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Cool down 15min

Tricep pushdown

Back dips

Cool-down-spinning/treadmill/crosstrainer

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INTERMEDIATE

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DAY-2 PULL MOVEMENT	TRA	INING DURAT	ION-4 mo
EXERCISE	TIME	REP	SET
Cross trainer	15min		
Pullups (bodyweight)		100	

Cross trainer	15min		
Pullups (bodyweight)		100	
Latoull down		15	4

Pullups (bodyweight)	100	
Latpull down	15	4

Latpull down	15	4
Bendover row	15	4
Shrugs	15	4

Bendover row	15	4
Shrugs	15	4
Pec fly	15	4
Bicep curl	15	3

Pec fly		15	4
Bicep curl		15	3
Hammer curl		15	3
Cool down	15min		
Cool-down-spinning/treadmill			

INTERMEDIATE LEVEL-1

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DAY-3 LEGS	TRA	INING DURAT	I ON -4 mor
EXERCISE	TIME	REP	SET
Warmup	15min		
Squats (body weight)	100		
Weighted squats (D/B or bar)		15	4
Hack squats		15	4
Lunges (weighted)		2 ROUNDS	2
Leg press		15	4
Leg curl		15	4

15

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15 Cool down 15min

Leg extension

Standing calf

Cool-down-spinning/treadmill/cross trainer

INTERMEDIATE

LEV	EL-	1	
DAY-4 PUSH MOVEMENT	TRA	INING DURAT	ION-4 month
EXERCISE	TIME	REP	SET
Cardio (sprints)	15min		
Push up (weighted)		100	
D/B Decline press		15	4

Push up (weighted)	100	
D/B Decline press	15	4

D/B Decline press	
D/B Flat press	

Lateral raises	
Tricep pushdown	

O/H Shoulder press

Back dips

Cool down







15min

INTERMEDIATE I F\/FI_-1

DAY-5 PULL MOVEMENT	TRAINING DURATION-4 m		
EXERCISE	TIME REP SET		
Cross trainer	15min		
Pullups (bodywoight)	100		

Pullups (bodyweight) Latpull down

Bend over row

Shrugs

Pec fly

Bicep curl Hammer curl

Cool down

Cool-down-spinning/treadmill

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15

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15

15min

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15 15





INTERMEDIATE LEVEL-1

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DAY-6 LEGS	TRAINING DURATION-4 mon		
EXERCISE	TIME	REP	SET
Warmup	15min		
Squats (body weight)	100		
Weighted squats (D/B or bar)		15	4
Hack squats		15	4
Lunges (weighted)		2 ROUNDS	2
Leg press		15	4
Leg curl		15	4

15

15

3

3

Cool down 15min

Cool-down-spinning/treadmill/cross trainer

Leg extension

Standing calf

Cool-down-spinning/treadmill/cross trainer