

# INTERMEDIATE LEVEL-1

**DAY-1 PUSH MOVEMENT**

**TRAINING DURATION-4 month**

**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
Tricep pushdown		15	4
Back dips		15	3
Cool down	15min		

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



# INTERMEDIATE LEVEL-1

**DAY-2 PULL MOVEMENT**

**TRAINING DURATION-4 month**

**EXERCISE**

**TIME**

**REP**

**SET**

Cross trainer	15min		
Pullups (bodyweight)		100	
Latpull down		15	4
Bendover row		15	4
Shrugs		15	4
Pec fly		15	4
Bicep curl		15	3
Hammer curl		15	3
Cool down	15min		

**Cool-down-spinning/treadmill**



# INTERMEDIATE LEVEL-1

## DAY-3 LEGS

TRAINING DURATION-4 month

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
Leg extension		15	3
Standing calf		15	3
Cool down	15min		

Cool-down-spinning/treadmill/cross trainer



# INTERMEDIATE LEVEL-1

**DAY-4 PUSH MOVEMENT**

**TRAINING DURATION-4 month**

**EXERCISE**

**TIME**

**REP**

**SET**

Cardio (sprints)	15min		
Push up (weighted)		100	
D/B Decline press		15	4
D/B Flat press		15	4
O/H Shoulder press		15	4
Lateral raises		15	3
Tricep pushdown		15	4
Back dips		15	3
Cool down	15min		

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



# INTERMEDIATE LEVEL-1

**DAY-5 PULL MOVEMENT**

**TRAINING DURATION-4 month**

**EXERCISE**

**TIME**

**REP**

**SET**

Cross trainer	15min		
Pullups (bodyweight)		100	
Latpull down		15	4
Bend over row		15	4
Shrugs		15	4
Pec fly		15	4
Bicep curl		15	3
Hammer curl		15	3
Cool down	15min		

**Cool-down-spinning/treadmill**



# INTERMEDIATE LEVEL-1

## DAY-6 LEGS

TRAINING DURATION-4 month

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
Leg extension		15	3
Standing calf		15	3
Cool down	15min		

Cool-down-spinning/treadmill/cross trainer

