

Female Program Intermediate

8 weeks

Legs & Glutes (Day 1)

EXERCISE	SETS	REPS
Leg Extensions	4	20
Barbell Squats	4	8-12
Lunges (Dumbbell or Barbell)	3	15 each leg
Barbell Hip Thrusts	3	12-15
Glute Cable Kickbacks	3	20
Leg Raises	3	20

Back & Arms (Day 2)

*Supersets- Exercises are performed back to back. No rest.

EXERCISE	SETS	REPS
*Lat Pull Downs	3	10-12
Straight Arm Cable Pull Downs	3	10-12
*One Arm Dumbbell Row	3	10-12
Seated Rows	3	10-12
*Dumbbell Bicep Curls	3	10-12
Tricep Rope Pressdown	3	10-12
*Cable Curl	3	10-12
Dumbbell French Press	3	10-12
Cardio – Incline 12-15, speed 2.5-3.0, time = 300 calories		
*If calories are not listed on a machine do for 30 minutes minimum.		

Legs (Day 3)

EXERCISE	SETS	REPS
Goblet Squat	4	8-12
Romanian Deadlift	3	10-12
Sumo Squats	3	12-15
Leg Press	3	20
Glute Cable Kickbacks	3	15 (each leg)
Decline Sit-ups	3	20

Shoulders & Back (Day 4)

*Supersets- Exercises are performed back to back. No rest.

EXERCISE	SETS	REPS
Dumbbell Shoulder Press	4	12-15
*Dumbbell Lateral Raises	3	12-15
Dumbbell Rear Delt Flys	3	12-15
Dumbbell Bench Press	3	12-15
Lat Pull Downs	3	12-15
Seated Rows	3	10-12
Cardio	Incline 12-15, speed 2.5-3.0, time = 300 calories *If calories are not listed on a machine do for 30 minutes minimum.	

Legs & Glutes (Day 5)

EXERCISE	SETS	REPS
Leg Extensions	4	20
Deadlifts	4	8-12
Leg Curls	4	20
Barbell Hip Thrusts	3	12-15
Bulgarian Split Squats	3	15
Kneeling Cable Crunch	3	20