

Intermediate Program

8 weeks

Monday & Thursday (Chest & Back)

Each () signifies a superset*

EXERCISE	SET	REPS
* Flat Bench Press (Barbell or Dumbbell) Bent Over Rows	4	15,12,10,8 12,10,8,8
* Incline Bench Press (Barbell or Dumbbell) Pull-ups or Lat Pulldowns	4	15,12,10,8 Until Failure or 12-15
* Chest Flys (Dumbbell, Pec Deck, or Cable) T-Bar Rows	4	12-15 12,10,8,6
Leg Raises	4	25

Tuesday & Friday (Shoulders & Arms)

EXERCISE	SET	REPS
* Dumbbell Lateral Raise Dumbbell Rear Delt Fly	4	12-15
* Cable Leaning Lateral Raise Face-pulls	4	12-15
Shoulder Press (Dumbbell, Machine, or Barbell)	3	12-15
* Barbell Curls French Press	4	12-15
* Concentration Curls Tricep Rope Pushdowns	4	12-15
Decline Sit-ups	4	25

Wednesday & Saturday (Legs)

EXERCISE	SET	REPS
Barbell Squats (Wednesday) Deadlifts (Saturday)	4	8-10 6-8
Romanian Deadlifts	4	10-12
Leg Press (<i>single or both legs</i>) – (Wednesday) Hack Squats (Saturday)	4	20 12-15
Bulgarian Split Squats	4	12-15
* Leg Extensions Leg Curls	4	10 20
Seated Calf Raises (Wednesday) Standing Calf Raises (Saturday)	3	20
Kneeling Cable Crunch	4	25