

Intermediate Program

Day 1 & Day 4 (Chest & Back)

Each () signifies a superset*

BB = barbell, DB = dumbbell

EXERCISE	SET	REPS	TEMPO
* Flat Bench Press (BB or DB) Bent Over Rows (BB or DB)	4	15,12,10,8 12,10,8,8	2/2
* Incline Bench Press (BB or DB) Pull-ups or Lat Pulldowns	4	15,12,10,8 Until Failure or 12-15	2/2
* Chest Flys (DB, Pec Deck, or Cable) T-Bar Rows	4	10-12	2/2
Leg Raises	4	25	

Day 2 & Day 5 (Shoulders & Arms)

EXERCISE	SET	REPS	TEMPO
* Dumbbell Lateral Raise Dumbbell Rear Delt Fly	4	10-12	2/2
* Cable Leaning Lateral Raise Face-pulls	4	10-12	2/2
Shoulder Press (DB, Machine, or BB)	3	8-12	2/2
* Barbell Curls French Press	3	10-12	2/2
* Concentration Curls Tricep Rope Pushdowns	3	10-12	2/2
Decline Sit-ups	4	25	

Day 3 & Day 6 (Legs)

EXERCISE	SET	REPS	TEMPO
Barbell Squats (Wednesday) Deadlifts (Saturday)	4	8-10 6-8	2/2
Romanian Deadlifts	4	10-12	2/2
Leg Press (<i>single or both legs</i>) – (Wednesday) Hack Squats (Saturday)	4	20 12-15	2/2
Bulgarian Split Squats	4	12-15	2/2
* Leg Extensions Leg Curls	4	20	2/2
Seated Calf Raises (Wednesday) Standing Calf Raises (Saturday)	3	20	2/2
Kneeling Cable Crunch	4	25	