

# FLEXMODE FITNESS SYSTEM INTERMEDIATE TRAINING PROGRAM

## 8 Weeks to Next- Level Strength

Welcome to the FlexMode Intermediate Training Program. This system is designed for trainees who understand basic form and are ready to increase training volume, improve muscle balance, and build real strength. The program transitions you from foundational training into structured hypertrophy development while keeping recovery and safety a priority.

### 5-Day Split Design

Push, Pull, Legs, Upper, and Full Body for complete development

### Progressive Overload

Systematic intensity increases every 2 weeks

### RPE 6–8 Training

Controlled intensity for sustainable progress

## INTERMEDIATE WORKOUT PROGRAM

STRENGTH & CONDITIONING  
PROGRESSION MODEL

# Program Design Philosophy

## Advanced Training Methodology

This system transitions you from foundational training into structured hypertrophy development while maintaining recovery and safety as core priorities. The FlexMode Intermediate Program represents a sophisticated approach to progressive overload, combining volume periodization with strategic intensity manipulation.

You'll experience carefully calibrated training stress across five distinct workout days, each designed to maximize muscle stimulation while preventing systemic fatigue. The program builds progressively over eight weeks, culminating in peak performance capacity that prepares you for advanced training protocols.

Understanding training variables becomes paramount at this stage. You'll learn to manipulate volume, intensity, and frequency to optimize adaptation. Recovery protocols, movement quality, and progressive tension application form the foundation of sustainable muscle development.

## What Sets This Apart

- Five-day split architecture
- RPE-based autoregulation
- Weekly intensification protocols
- Optional specialization tracks
- Comprehensive exercise substitutions
- Scientific progression framework

# Your Complete Training Roadmap

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# Intermediate Safety Guidelines

At the intermediate level, training intensity increases substantially, making safety protocols even more critical. Your ability to execute movements under significant load while maintaining technical precision determines both your progress trajectory and injury risk profile. These guidelines represent non-negotiable standards for sustainable development.




### Controlled Eccentrics

Execute 2-3 second lowering phases on all major lifts to maximize time under tension and reduce joint stress



### Joint Alignment

Maintain optimal joint positioning throughout the entire range of motion, especially under heavy loads



### Form Integrity

Terminate sets immediately when movement quality begins to deteriorate or compensation patterns emerge

### Recovery Priority

Optimize sleep quality (7-9 hours), maintain consistent hydration (0.5-1 oz per pound bodyweight), and implement daily mobility work to support adaptation processes and tissue repair

### Progressive Loading

Increase training loads only when technique remains consistent across all prescribed repetitions. Never sacrifice movement quality for heavier weights or additional volume

### Volume Management

Avoid sudden jumps in training volume exceeding 10-15% weekly increases. Gradual progression prevents overuse injuries and supports sustainable adaptation

## RPE Scale Mastery

Rate of Perceived Exertion provides autoregulatory feedback for training intensity. Most intermediate sets target RPE 7-8, representing hard but sustainable effort with 2-3 repetitions remaining in reserve.

RPE 6	Comfortable working weight (4-5 reps left)
RPE 7	Moderate challenge (3 reps left)
RPE 8	Hard working set (2 reps left)

# FlexMode Intermediate Warm-Up Protocol

Proper preparation activates neuromuscular pathways, increases tissue temperature, and primes movement patterns for optimal performance. This four-minute sequence specifically targets the major muscle groups and movement patterns utilized in the intermediate training split.



## Arm Circles

20 repetitions forward and backward to mobilize shoulder girdle and increase blood flow to upper body musculature



## Hip Openers

10 repetitions per side using controlled leg swings to activate hip flexors and prepare lower body for compound movements



## Glute Activation

15 band lateral walks or clamshells to fire up posterior chain and establish proper hip mechanics before loading



## Light Rows

12 band pulls or light cable rows to activate scapular retractors and prepare back musculature for pulling movements



## Cat-Cow Flow

6 controlled cycles to mobilize thoracic spine and establish proper breathing patterns for braced lifts

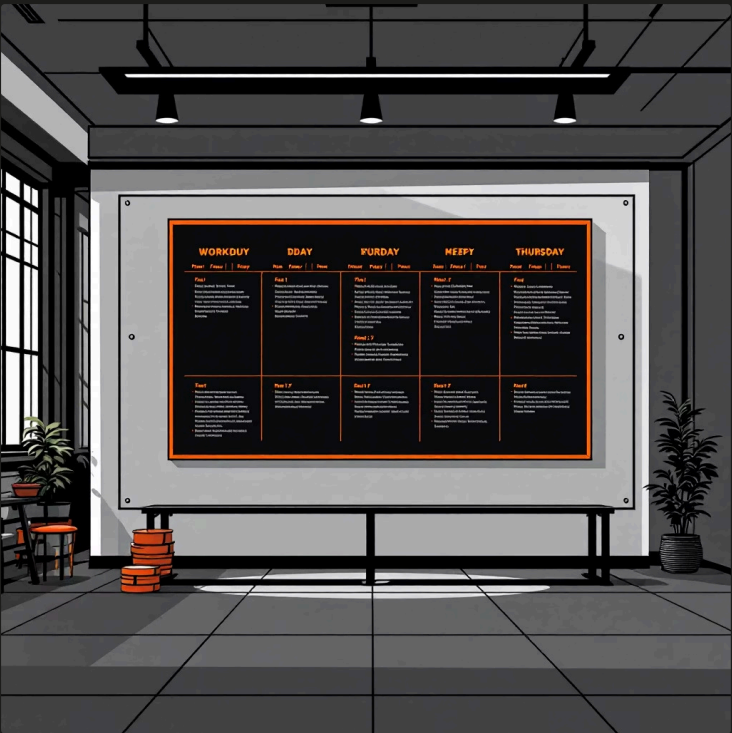
- ❏ **Pro Tip:** Complete this warm-up before every training session. On lower body days, add an additional 8-10 bodyweight squats. On upper body days, include 10 band pull-aparts for enhanced scapular activation.

# Program Architecture

## Five-Day Split Structure

The intermediate program employs a sophisticated five-day split that optimally distributes training volume across muscle groups while maximizing recovery between sessions. This architecture allows for higher per-session volume without excessive systemic fatigue.

Each training day targets specific movement patterns and muscle groups, creating synergistic development while preventing overlap that could compromise recovery. The split balances pushing movements, pulling patterns, and lower body work with strategic full-body integration.



### Day 1: Push

Chest, shoulders, triceps - pressing movement focus with progressive overload emphasis

### Day 2: Pull

Back and biceps - rowing and pulling patterns for posterior chain development

### Day 3: Legs

Quadriceps, hamstrings, glutes - comprehensive lower body hypertrophy session

### Day 4: Upper

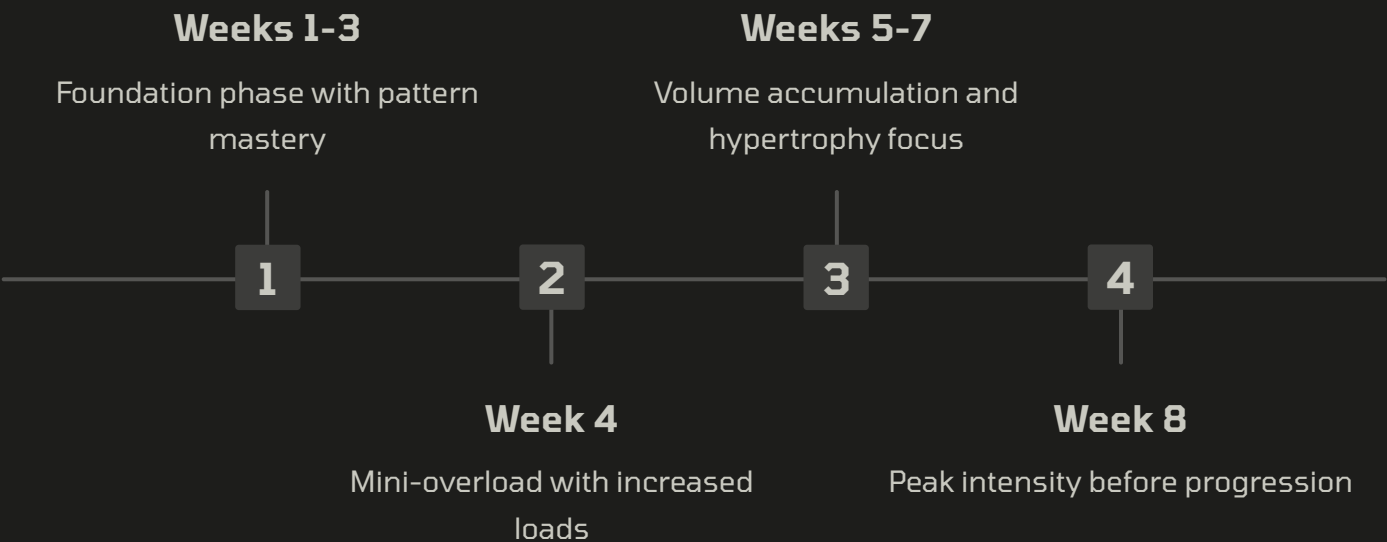
Balanced chest and back - strength-focused upper body integration work

### Day 5: Full Body

Total body hypertrophy - high-density metabolic training session

# Eight-Week Progression Framework

The program follows a carefully structured eight-week periodization model. Volume increases gradually through weeks 1-3 as you adapt to movement patterns and training stress. Week 4 introduces a mini-overload phase with increased intensity. Weeks 5-7 build upon this foundation with enhanced volume and density. Week 8 represents peak intensity, preparing your nervous system and musculature for advanced training protocols.



# Daily Training Prescriptions

## Day 1: Push (Chest, Shoulders, Triceps)

This session emphasizes horizontal and vertical pressing movements to maximize upper body pushing musculature development. The combination of compound and isolation exercises creates comprehensive stimulus across all three deltoid heads, pectoralis major, and triceps brachii.

Exercise	Sets	Reps	RPE	Rest
Incline DB Press	4	8	7	90s
DB Shoulder Press	3	10	7	75s
Machine Chest Press	3	10	7	75s
Lateral Raises	3	12-15	7	60s
Tricep Rope Extensions	3	12	7	60s
Optional: Chest Fly	2	12	7	60s

## Day 2: Pull (Back, Biceps)

Pulling movements target latissimus dorsi, rhomboids, trapezius, and biceps through various angles and grip positions. This session builds thickness and width in the posterior upper body while developing arm flexors.

Exercise	Sets	Reps	RPE	Rest
Lat Pulldown	4	8	7	90s
Seated Row	3	10	7	75s
DB Row	3	10	7	75s
Face Pulls	3	12-15	7	60s
DB Curls	3	12	7	60s
Optional: Hammer Curls	2	10	7	60s



# Lower Body & Integration Sessions

## Day 3: Legs (Quads, Hamstrings, Glutes)

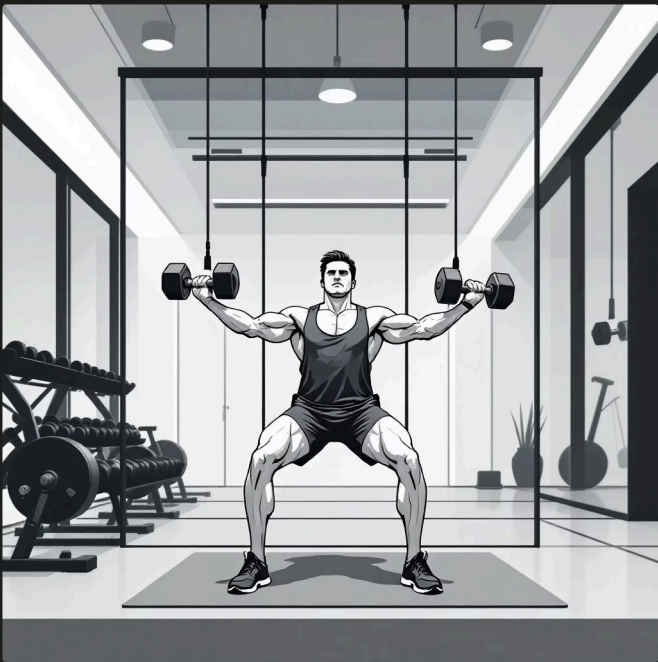
Comprehensive lower body development through compound and isolation exercises. This session builds muscle mass and strength across all major leg muscle groups while emphasizing posterior chain development for athletic performance and aesthetic balance.

Exercise	Sets	Reps	RPE	Rest
Leg Press	4	10	7	120s
DB Romanian Deadlift	3	10	7	90s
Walking Lunges	3	10/leg	7	90s
Leg Curl	3	12	7	75s
Calf Raises	3	15	7	60s
Optional: Glute Bridge	2	12	7	60s

## Day 4: Upper (Balanced Strength)

Strategic upper body integration session combining chest and back work in a single training day. This balanced approach enhances structural strength and creates training variation within the weekly split.

Exercise	Sets × Reps
Incline Press	3 × 8
Lat Pulldown	3 × 10
DB Row	2 × 10
DB Shoulder Press	3 × 10
Cable Fly	2 × 12
Tricep Rope	2 × 12
DB Curls	2 × 12



## Day 5: Full Body (Hypertrophy Density)

High-density metabolic session targeting all major muscle groups. This workout creates significant training stimulus while maintaining moderate loads, perfect for ending the training week with sustainable intensity.

### Lower Body

- Goblet Squat or Leg Press: 3×10
- DB Romanian Deadlift: 3×10
- Hip Thrust: 3×12

### Upper Body

- Pushups: 3×10
- Seated Row: 3×10

### Core Circuit (2 Rounds)

- Plank: 20 seconds
- Dead Bug: 10 per side
- Side Plank: 15 seconds each

# Weekly Intensification Protocol

Systematic progression represents the cornerstone of intermediate training success. Each week introduces specific training variables designed to incrementally increase mechanical tension, metabolic stress, and muscle damage - the three primary drivers of hypertrophy. This periodized approach ensures continuous adaptation while managing fatigue accumulation.

The intensification protocol operates on multiple levels simultaneously. Early weeks emphasize movement mastery and technical proficiency. Mid-program phases introduce volume and load increases. Late-stage weeks push intensity parameters to create peak adaptation stimulus before transitioning to advanced programming.

Week	Primary Focus	Implementation Strategy
1	Movement Pattern Mastery	Establish consistent technique across all prescribed exercises with controlled tempo
2	Control Enhancement	Emphasize eccentric phase duration and range of motion completion
3	Volume Addition	Add 1-2 repetitions per set on compound movements while maintaining form
4	Load Progression	Increase weight on main compound lifts by 5-10 pounds where technique allows
5	Accessory Volume	Add 1 set to isolation exercises, increasing total weekly volume
6	Intensity Push	Push final sets to RPE 8 on compound movements for increased stimulus
7	Hypertrophy Density	Reduce rest periods by 10-15 seconds to increase metabolic demand
8	Peak Performance	Maximum sustainable intensity across all training variables before deload



## Specialization & Substitution Resources

Optional specialization tracks provide targeted volume for lagging muscle groups or aesthetic priorities. These 8-10 minute add-ons can be integrated 2-3 times per week after primary training sessions when recovery capacity allows.

### Chest Specialization

- Incline Press: 2×8
- Pec Deck: 2×12

### Back Specialization

- Pulldown Variation: 2×10
- Row Machine: 2×10

### Glute Specialization

- Hip Thrust: 2×12
- Cable Abductions: 2×15

### Arm Specialization

- Cable Curls: 2×12
- Rope Extensions: 2×12

# Home & Gym Exercise Substitution Table

Equipment availability varies significantly across training environments. This substitution matrix ensures program adherence regardless of facility limitations. Biomechanical similarity and muscle activation patterns guide all recommended alternatives.

Home Equipment	Gym Alternative
DB Press	Machine Press
Band Pulldown	Cable/Machine Pulldown
DB Romanian Deadlift	Barbell RDL
DB Row	Seated Row Machine
DB Squat	Leg Press Machine
Hip Thrust (DB)	Barbell Hip Thrust

## Progress Tracking Template

Consistent documentation drives accountability and reveals progress patterns. Record every training session using this framework:

Day	Exercise	Sets	Reps	Weight	RPE
Monday	Incline Press	4	8	50	7
Monday	Lateral Raise	3	12	15	7

Download the full printable tracker at [FlexMode.com/resources](https://flexmode.com/resources)