

INTERMEDIATE PROGRAMMING

Your Workouts: I've designed 12 weeks worth of muscle building, fat losing, bad-ass making workouts. Each week provides two upper body workouts and two lower body workouts. All workouts end with dynamic conditioning work, and every week incorporates core building abdominal strength work. I would highly advise that you don't complete more than two workouts in a row without taking a day off. You could workout Monday, Wednesday, Friday, and Saturday; or you could workout Monday, Tuesday, Thursday, and Saturday, etc. Just make sure you give your body enough rest and recovery!

Rest Days: You can take a yoga class, work on mobility work, foam roll, or take long walks. Go for a bike ride, go hiking on the weekend, vary your fitness and do something fun. But most importantly, rest! If your muscles are screaming then stretch them, roll them, drink lots of water, soak in epsom salt baths, and relax. The muscles build when they rest. So rest!

How to--Understanding sets and reps:

When you see something like "3x10" or "5x5," the first number means **SETS:** The number of times you will perform a certain exercise. For example, you will perform 3 sets of squats today.

The second number is **REPS:** How many times (repetitions) you'll perform the exercise within each set. For example, you'll perform 10 squats within each set. So 3x10 squats means you'll perform three sets of 10 squats.

Supersets means to do two exercises back to back. So if it says to "superset with..." that means do one set of the first exercise, immediately do one set of the next exercise, THEN take your break before round two.

Work sets: for many of the exercises listed in this program it will be important to do a few warm up sets before doing the **work sets**, which are the sets that have enough resistance to produce the muscle growth. We have not listed warm up sets in the program. We recommend doing warm up sets on all exercises that use different muscles. (If you are unsure if you should do a warm up set or not then err on the side of doing more warm up sets.) All of the exercise sets listed in this program are work sets.

How do you choose the appropriate amount of weight for each exercise?

The first time you lift you may have to do an extra set (call it a warm up set) to figure out exactly what weight you should use. Whenever you lift, the last three repetitions should be tough enough that you need a minimum of 30 seconds to one minute to recover from the set. If you're performing 10 repetitions, reps 8, 9, and 10 should feel very challenging, yet still doable. Rep 11 should feel impossible. If you're doing sets of 8, then reps 6, 7, and 8 should be very tough to accomplish! One of the biggest mistakes that lifters do early on is not lift

heavy enough to get results. Remember: there’s a fine line between “pushing for muscle growth” and “injuring yourself.” Be smart enough to know your body and understand the difference.

Most of the exercises listed below are linked to YouTube videos for further detail on how to perform each lift correctly.

Weeks 1-4, Day 1

Warmup: 5-8 minutes light cardio and dynamic stretching and remember it is very wise to do warm up sets for new exercises, especially ones that are incorporating new muscle groups.

Exercise	Week 1	Week 2	Week 3	Week 4	Notes
Dynamic warm-up skill: Box jumps , 20 total					
Dumbbell Bulgarian Split Squats 5x5/leg					
Barbell Hip Thrust 3x8					
Front Squats: 3 sets of 8-12 reps					
Back Squats: 3 sets of 8-12 reps					
Goblet Squats 5x20					
Dynamic Conditioning: 5 rounds of 200 meter run with a :30 second plank hold at the end of each run. Rest 2 minutes between each sprint.					

Day 2 Workout Weeks 1-4

Warmup: 5-8 minutes light cardio and dynamic stretching

Exercise	Week 1	Week 2	Week 3	Week 4	Notes
Dynamic warm-up skill: Wall Balls 20 reps					
Push-ups 5x5					

Cable or Dumbbell Flyes 3x12					
Dips 3x12 reps (use bands or assistance machine as needed)					
Lying Rib Pullovers: 3x12 reps					
Dumbbell Push-Press 3x12 reps					
Dynamic Conditioning: 5 rounds of 250 meter row The row is hard and fast. Rest 2 minutes between each row.					

Day 3 Weeks 1-4

Warmup: 5-8 minutes light cardio and dynamic stretching

Exercise	Week 1	Week 2	Week 3	Week 4	Notes
Dynamic warm-up skill: 20 Burpees					
Dumbbell Strict Press 5x5					
Face Pulls 3x12					
Plank: 3 x 1:00					
Supermans: 5x10					
Chin-Ups: 5x10					
Conditioning: As many rounds in 15 minutes: 10 renegade rows (5/arm), 10 Goblet squats, 10 dumbbell push-press (5/arm)					

Day 4 Weeks 1-4

Warmup: 5-8 minutes light cardio and dynamic stretching

Exercise	Week 1	Week 2	Week 3	Week 4	Notes
Dynamic warm-up skill: Kettlebell Swings 20 reps					
Romanian Deadlift 5x5					
Lat Pull Down 3x12					
Pendlay Rows 3x12 reps					
Pull-ups: 3 x 8 reps					
Weighted Sit-ups 5x20					
Dynamic conditioning: 5 Rounds: 10 Burpees, 10 Wall Balls					

Weeks 5-8: Day 1

Warmup: 5-8 minutes light cardio and dynamic stretching

Exercise	Week 1	Week 2	Week 3	Week 4	Notes
Dynamic warm-up skill: Pistol squats -20 reps total (use a box or bench for assistance)					
Front Squat 5x5					
Single Leg Hip Thrust 3x12					
Weighted Step-Ups 3x8/leg					
Back Squats: 3x8					
Dynamic Conditioning: 10 rounds, 30 sec hill sprint (use incline treadmill) and 30 second break					

Day 2 Workout Weeks 5-8

Warmup: 5-8 minutes light cardio and dynamic stretching

Exercise	Week 1	Week 2	Week 3	Week 4	Notes
Dynamic Warm-up skill: Wall Balls 20 reps					
<u>Dumbbell Bench Press</u> 5x5					
<u>Incline Dumbbell Flyes</u> 3x8 (superset with) <u>Incline Dumbbell Bench Press</u> 3x8					
<u>Tricep Pushups:</u> 3x12 (superset with) Dips 3x8 reps					
Dynamic Conditioning: As many rounds possible in 12 minutes: 10 dumbbell snatches (5/arm), 15 shoulder taps (each side) 20 sit-ups					

Day 3 Weeks 5-8

Warmup: 5-8 minutes light cardio and dynamic stretching

Exercise	Week 1	Week 2	Week 3	Week 4	Notes
Dynamic warm-up skill: 25 Wall-Balls					
Dumbbell Strict Press 5x5					
<u>Ts, Ys, and Ws</u> 3x10 each (with very light weight, no more than 3-5 lbs)					
<u>Dumbbell lat raises</u> 3x8					
<u>Barbell Roll out:</u> 3 x 10					

Dynamic Conditioning: 7 Rounds of 5 pull-ups, 5 dumbbell push-presses , 5 kettlebell swings					
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Day 4 Workout Weeks 5-8

Warmup: 5-8 minutes light cardio and dynamic stretching

Exercise	Week 1	Week 2	Week 3	Week 4	Notes
Dynamic warm-up skill: Heavy KB Swings 20 reps					
Sumo Deadlift 5x5					
Chin-ups 3x12 (superset with) Neutral grip row 3x12					
Preacher curls 3x8					
Farmer Carries: 3x1:00 As heavy as possible					
Dynamic Conditioning: Every minute on the minute for 10 minutes: 5 dumbbell hang cleans + 5 dumbbell front squats					

Weeks 9-12 Day 1

Warmup: 5-8 minutes light cardio and dynamic stretching

Exercise	Week 1	Week 2	Week 3	Week 4	Notes
Box Jumps , 20 reps					
Back Squats 5x5					
Weighted Lunges 3x12					
Weighted Step-ups 3x12					

Single Leg Deadlift 3x12 Superset with Pistol Squats (to box/bench) 3x12					
Dynamic Conditioning: 8 Minutes, as many rounds possible: 10 dynamic (jumping) lunges , 15 kettlebell swings, 20 wall balls					

Day 2 Workout Weeks 9-12

Warmup: 5-8 minutes light cardio and dynamic stretching

Exercise	Week 1	Week 2	Week 3	Week 4	Notes
Dynamic warm-up skills: Med Ball Chest Press or Wall Balls 20 reps					
Barbell Bench Press 5x5					
Cable Crossovers 3x12					
Dips 8-12 reps					
Overhead Tricep Extensions: 3x12					
Dynamic Conditioning: Every minute on the minute: Minute one: Max effort push-ups (rest for remainder of minute once reaching max) and on minute two: Max effort V-Ups . Repeat for 12 minutes.					

Day 3 Workout Weeks 9-12

Warmup: 5-8 minutes light cardio and dynamic stretching

Exercise	Week 1	Week 2	Week 3	Week 4	Notes
Dynamic Warm-up skills: Heavy Kettlebell Swings 20 reps					
<u>Conventional Deadlift</u> 5x5					
Pull Ups 3x8					
Neutral Grip Rows 3x8					
<u>Seated Arnold Presses</u> 3x12					
Dynamic Conditioning: For time: 100 jumps with jump rope, 50 burpees, 100 jumps with jump rope					

Day 4 Weeks 9-12

Warmup: 5-8 minutes light cardio and dynamic stretching

Exercise	Week 1	Week 2	Week 3	Week 4	Notes
Dynamic Warm-Up Skills: Med Ball Chest Passes 20					
<u>Barbell Push Press</u> 5x5					
<u>Back Flyes</u> 3x12					
Barbell Rollout 3x15					
<u>1/2 Get-Ups</u> 3x15/side					
Dynamic Conditioning: For time: 30 kettlebell swings, 30 calorie row, 20 kb swings, 20 calorie row, 10 kb swings, 10 calorie row					