

### Intermediate Strength Training Program

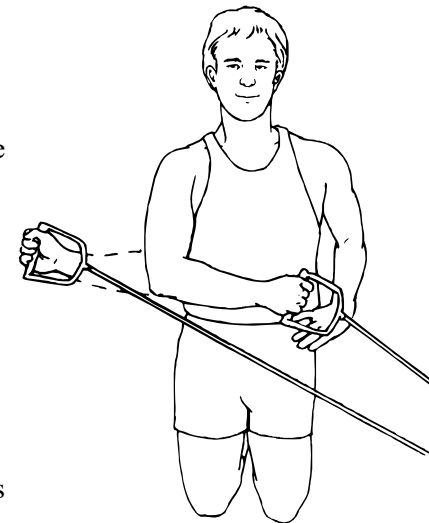
This Intermediate Strength Training Program is a 4 week program designed to further build on the muscle and strength you developed in the Beginners Program. This program is also broken up into an upper and a lower body routine. The upper body and lower body routines are performed on alternate days with a rest day between each session. Example: Monday upper body, Tuesday rest, Wednesday lower body, Thursday rest, Friday upper body.

As always, warm up 5 minutes by doing some light cardio before each strength training session.

Use a resistance on each exercise with which the last 2 to 3 repetitions are difficult to complete using proper form.

### SHOULDERS - 24 External Rotation: Single Arm (Cable)

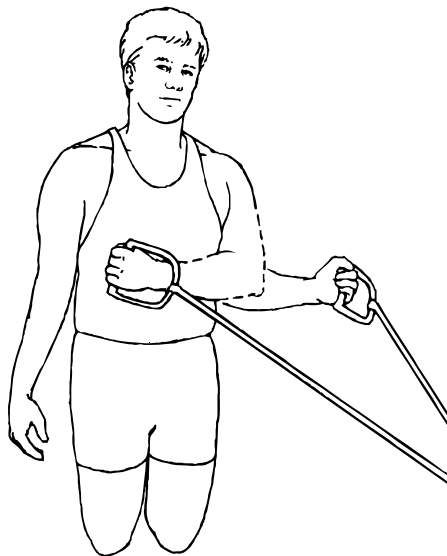
Arm across body, rotate arm away from torso, keeping upper arm against body.



Do 1 sets.  
Complete 15 repetitions  
each arm.

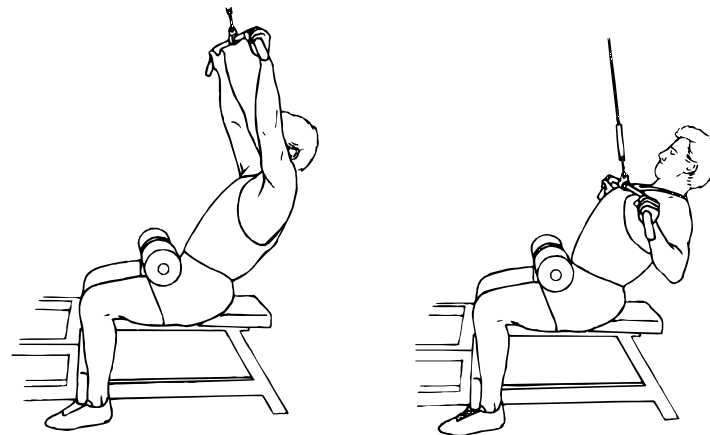
### SHOULDERS - 25 Internal Rotation: Single Arm (Cable)

Forearm away from body, rotate arm toward torso, keeping upper arm against body.



Do 1 sets.  
Complete 15  
repetitions each arm.

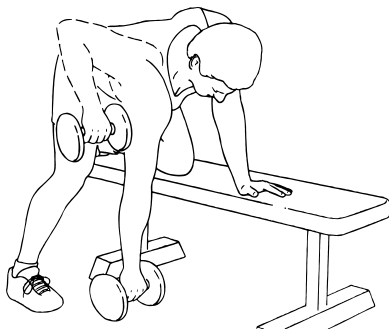
### BACK: LATS - 12 Pull-Down: 45° Angle (Cable)



Leaning back slightly, pull bar to upper chest.  
Do 3 sets. Complete 10 repetitions.

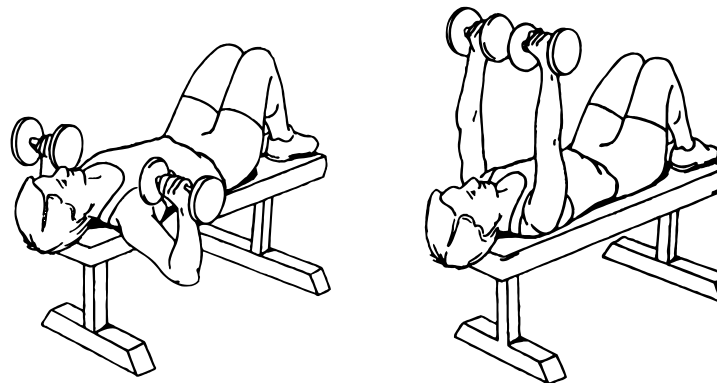
BACK: LATS - 2 Row: Bent Over - Single Arm (Dumbbell)

Lift weight to side of chest, keeping elbow close to body. Be careful not to round your lower back.



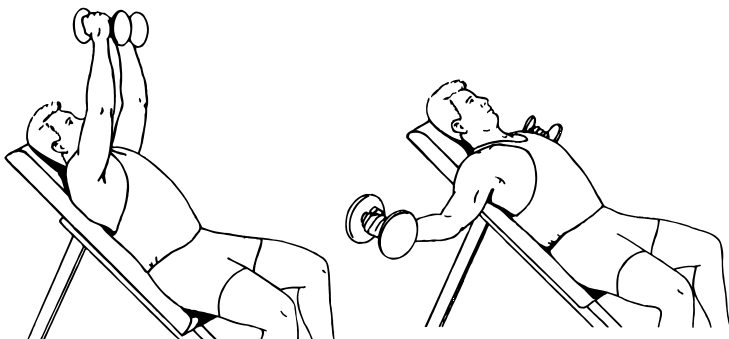
Do 3 sets.  
Complete 10 repetitions.

CHEST - 15 Bench Press (Dumbbell)



Press to straight arms.  
Do 3 sets. Complete 10 repetitions.

CHEST - 13 Fly: Incline (Dumbbell)



Elbows slightly bent, lower arms until parallel with floor, palms up.

Do 3 sets. Complete 10 repetitions.

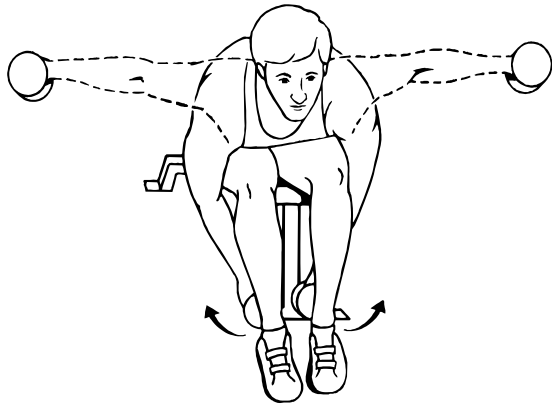
SHOULDERS - 1 Press: Standing (Dumbbell)

Knees slightly bent, palms in, press to straight arms, rotating to palms forward at end of movement.



Do 3 sets.  
Complete 10 repetitions.

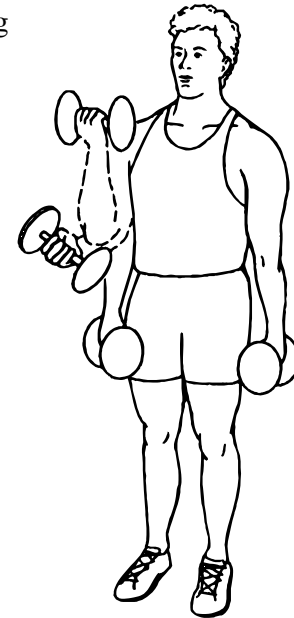
SHOULDERS - 18 Rear Deltoid Raise: Sitting (Dumbbell)



Elbows slightly bent, palms in, raise arms to parallel with floor.

Do 3 sets. Complete 10 repetitions.

ARMS: BICEPS - 9 Curl: Standing Alternating (Dumbbell)

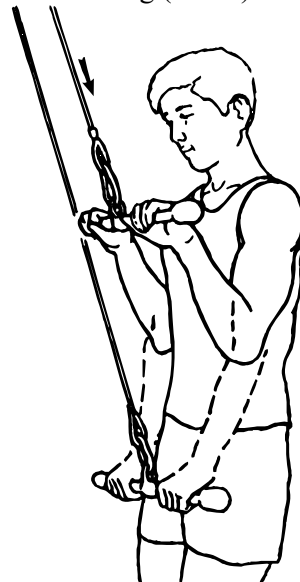


Knees slightly bent, hold weights at sides, palms in. Curl arm toward shoulder rotating to palm up while beginning curl. Alternate arms.

Do 3 sets.

Complete 10 repetitions.

ARMS: TRICEPS - 18 Extension: Standing (Cable)

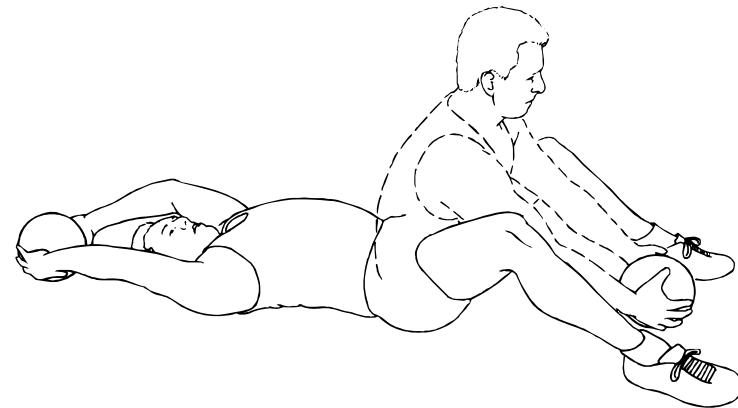


Knees slightly bent, straighten arms, keeping upper arms close to sides of body.

Do 3 sets.

Complete 10 repetitions.

ABS - 29 Sit-Up (Medicine Ball)



Holding small medicine ball beyond head, tighten abdominals, sit up, touching ball to floor between feet.

Do 3 sets. Complete 15 repetitions.