

Intermediate Template 1			Week	Date			Week	Date			Week	Date			Week	Date		
			Session 1	Session 2	Session 3	Session 1	Session 2	Session 3	Session 1	Session 2	Session 3	Session 1	Session 2	Session 3	Session 1	Session 2	Session 3	
Exercise	Upper body Front	Set 4 (r x w)	Set 4 (r x w)	Set 4 (r x w)	Set 4 (r x w)	Set 4 (r x w)	Set 4 (r x w)	Set 4 (r x w)	Set 4 (r x w)	Set 4 (r x w)	Set 4 (r x w)	Set 4 (r x w)	Set 4 (r x w)	Set 4 (r x w)	Set 4 (r x w)	Notes		
			1	Flat dumbbell/barbell press	4 sets Pyramid set 12,10,8,6													
2	Standing overhead press	4 sets 6 to 8																
3	Dips	4 sets AMRAP																
4	Seated dumbbell bicep curl	4 sets 10																
5	Hanging leg raises	3 sets AMRAP																

**Notes**

- Record the number of repetitions and weight you use on your fourth or last set (r x w) for each exercise.
- At the end of each month you can make a note of your progress.

**Additional notes**

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			Session 1	Session 2	Session 3	Session 1	Session 2	Session 3	Session 1	Session 2	Session 3	Session 1	Session 2	Session 3	Session 1	Session 2	Session 3	
Exercise	Lower body		Set 4 (r x w)	Set 4 (r x w)	Set 4 (r x w)	Set 4 (r x w)	Set 4 (r x w)	Set 4 (r x w)	Set 4 (r x w)	Set 4 (r x w)	Set 4 (r x w)	Set 4 (r x w)	Set 4 (r x w)	Set 4 (r x w)	Set 4 (r x w)	Set 4 (r x w)	Notes	
1	Barbell back squat	4 steps Pyramid set 12,10,8,6																
2	Lying hamstring curl	4 sets 8 to 10																
3	Lunges	4 sets 10 each leg																
4	Glute hamstring developer (GHD)	3 sets AMRAP																
5	Weighted side crunches	2 sets AMRAP																

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			Session 1	Session 2	Session 3	Session 1	Session 2	Session 3	Session 1	Session 2	Session 3	Session 1	Session 2	Session 3	
Exercise	Upper body back	Set 4 (r x w)	Set 4 (r x w)	Set 4 (r x w)	Set 4 (r x w)	Set 4 (r x w)	Set 4 (r x w)	Set 4 (r x w)	Set 4 (r x w)	Set 4 (r x w)	Set 4 (r x w)	Set 4 (r x w)	Set 4 (r x w)	Set 4 (r x w)	Notes
1	Deadlift	4 sets 5-6 reps													
2	Pull-ups	4 sets AMRAP													
3	Chest-supported rows	4 sets, 12,10,8,6													
4	Close/wide grip cable pulldown	4 sets 10													
5	Press-ups	3 sets AMRAP													

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