

Intermediate Workout Routine



Warm Up (Complete Circuit Twice One Exercise After Another)

	Sets	Reps	1	2	3	4	5	6	7	8	9	10	11	12
OH Lunges	2	6EL												
Pull Rotate	2	10												
Windmills	2	10ES												
Push Ups	2	10												
Bird Dog	2	10ES												

Workout Supersets (Complete Each Superset Without Rest)

	Sets	Reps	1	2	3	4	5	6	7	8	9	10	11	12
Box Squats	4	6												
Seated Row	4	6												

Rest 3 Minutes

SL Bridges	4	6EL												
Bench Press	4	6-8												

Rest 3 Minutes

SL Deadlift	4	6EL												
Russian Twist	4	20ES												

ES = Each Side