

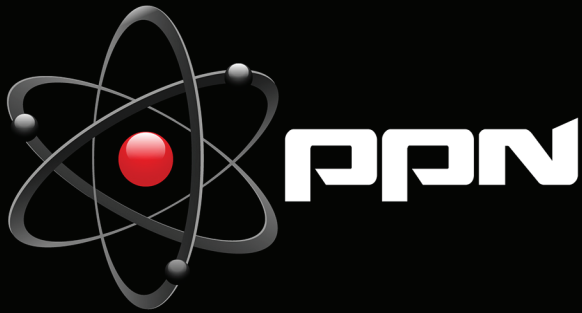
SAMPLE WEIGHT PROGRAM INTERMEDIATE/ADVANCED

Total Body Workout Intermediate

Day 1:	Total Body + Cardio
Day 2:	Rest
Day 3:	Total Body + Cardio
Day 4:	Rest
Day 5:	Total Body + Cardio
Day 6:	Rest
Day 7:	Cardio Only
Day 8:	Repeat

Cardio:

Start with 4 days x 15-20 minutes at a Moderate to High Intensity.



SAMPLE WEIGHT PROGRAM INTERMEDIATE/ADVANCED

TOTAL BODY

<u>EXERCISE</u>	<u>SETS</u>	<u>REPS</u>
Leg Press Machine or Squats (w/ a Chair or Bench)	3	10-12
Dumbbell Overhead Press or Overhead Press Machine	3	10-12
Standing Calf Raise	3	10-12
Seated Row Machine or Dumbbell Rows	3	10-12
Adductor Machine	3	10-12
Vertical Press Machine or Flat Bench D.B Press	3	10-12
Triceps Extension Machine or Dips on a Chair or Bench	3	10-12
Seated/Standing Dumbbell Curls or Bicep Curl Machine	3	10-12

Abdominals

Crunches (Hips Flexed)	3	As Many As Possible
Low Back Extension	2	10 Reps