

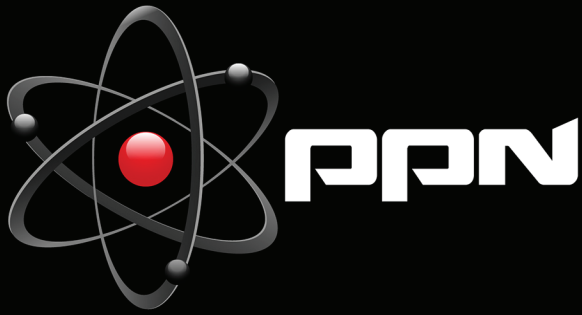
SAMPLE WEIGHT PROGRAM INTERMEDIATE/ADVANCED

2 Day Split Workout Intermediate

- Day 1: Upper Body + Cardio
- Day 2: Cardio Only
- Day 3: Lower Body + Cardio
- Day 4: Cardio Only
- Day 5: Rest
- Day 6: Rest or Cardio Only
- Day 7: Rest
- Day 8: Repeat

Cardio:

Start with 4 days x 15-20 minutes



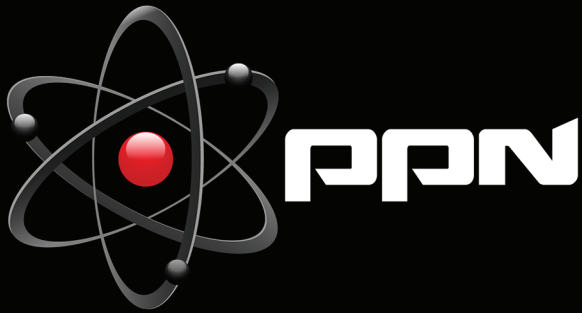
SAMPLE WEIGHT PROGRAM INTERMEDIATE/ADVANCED

UPPER BODY

<u>EXERCISE</u>	<u>SETS</u>	<u>REPS</u>
Dumbbell Overhead Press or Overhead Press Machine	3	10-12
Seated Row Machine or Dumbbell Rows	3	10-12
Flat Bench D.B Press or Vertical Press Machine	3	10-12
Triceps Extension Machine or Cable Pushdowns w/ Rope or Dips on a Chair or Bench	3	10-12
Seated/Standing D.B. Curls or Bicep Curl Machine	3	10-12

Abdominals

Crunches (Hips Flexed) or Crunches (Hips Flexed, Feet Off Ground)	3	As Many As Possible
Reverse Crunches	3	As Many As Possible



SAMPLE WEIGHT PROGRAM INTERMEDIATE/ADVANCED

LOWER BODY

<u>EXERCISE</u>	<u>SETS</u>	<u>REPS</u>
Leg Press Machine	3	10-12
Dumbbell Lunges or Squats (w/ a Chair or Bench)	3	10-12
Lying Leg Curls	3	10-12
Standing Calf Raise or Seated Calf Raise	3	10-12
Adductor Machine	3	10-12

Abdominals

Crunches (Hips Flexed) or Crunches (Hips Flexed, Feet Off Ground)	3	As Many As Possible
Reverse Crunches	3	As Many As Possible