



CompressionZ

# INTERMEDIATE WORKOUT PLAN



**BACK TO BASIC**



# WEEK 1

This week is all about introducing and getting used to all of the exercises that you are going to be performing in the rest of the program.

Because you have chosen the Advanced Workout plan, we are going to introduce you to the exercises whilst still providing a good challenge!

You will be training three days a week in total, it's ultimately up to you which days you decide to train but for optimal efficiency, we recommend that you do a one day on, one day off routine.

For example, you could exercise on Monday, Wednesday and Friday this week.

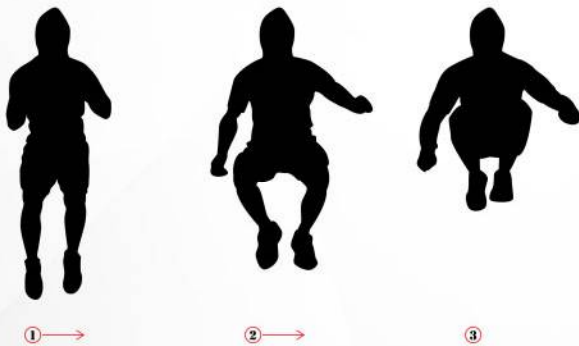
So, let's get started.

## Legends

 **SETS**    **DURATION**    **REST**

# WEEK 1 DAY 1

## TUCK JUMP



4  
Do slow, controlled reps,  
keeping the form for 45 seconds.  
45 seconds

## MOUNTAIN CLIMBER



4  
Do slow, controlled reps,  
keeping the form for 45 seconds.  
45 seconds

## PUSH UPS



3  
Do slow, controlled reps,  
keeping the form for 45 seconds.  
45 seconds

# WEEK 1 DAY 2

## BURPEES



4  
Do slow, controlled reps,  
keeping the form for 45 seconds.  
45 seconds

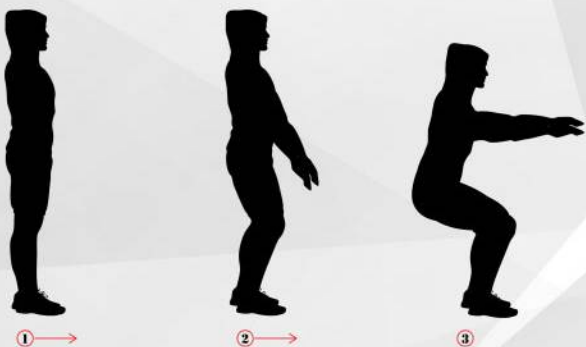
## PLANK

HOLD THIS POSITION



3  
Hold the plank for as long as you  
can hold PERFECT form  
45 seconds

## SQUAT






4  
Do slow, controlled reps,  
keeping the form for 45 seconds.  
45 seconds

# WEEK 1 DAY 3




## JUMPING JACK



-  3
-  Do slow, controlled reps, keeping the form for 45 seconds.
-  45 seconds




## VERTICAL JUMP



-  3
-  Do slow, controlled reps, keeping the form for 45 seconds.
-  1 minute

## FLUTTER KICKS



-  4
-  Do slow, controlled reps, keeping the form for 45 seconds.
-  45 seconds

# WEEK 2

This phase of the workout plan is constructed in a way that makes things a little more intense than last week, it should feel like the natural progression forwards.

So, there's going to be an increased amount of sets and reps.

For the beginner and intermediate level, we are still going to stick to the three days a week training routine however if you feel like you can do more, turn the 3 day into a 6 day week.

If you do want to take it that extra mile, simply complete days one, two and three consecutively, take one day off then repeat.

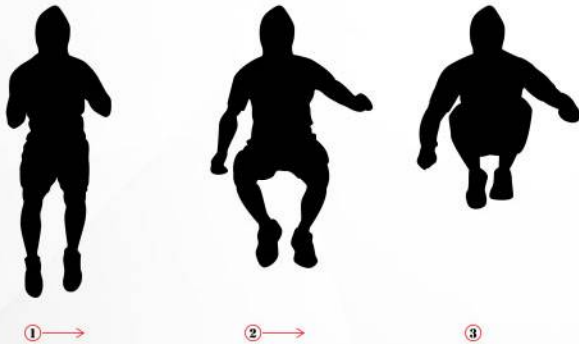
For example, your routine may be to train on Monday, Tuesday, and Wednesday, followed by one day off on Thursday. Then you'd repeat the training cycle on the days Friday, Saturday, and Sunday.

## Legends

 SETS    DURATION    REST

# WEEK 2 DAY 1

## TUCK JUMP



4  
AMRAP in 60 seconds  
Keep it Controlled!  
1 minute

## MOUNTAIN CLIMBER



3  
AMRAP in 60 seconds  
Keep it Controlled!  
1 minute

## PUSH UPS



3  
Slow and controlled reps,  
for 45 seconds.  
1 minute

# WEEK 2 DAY 2

## BURPEES



- 4
- AMRAP in 60 seconds
- Keep it Controlled!
- 1 minute

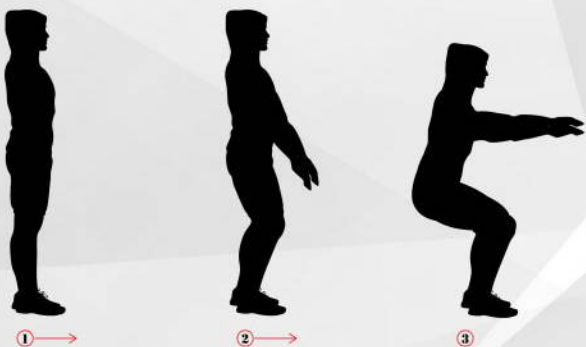
## PLANK

HOLD THIS POSITION



- 4
- Hold the plank for as long as you can hold PERFECT form
- (can breakdown towards end)
- 1 minute

## SQUAT



- 4
- AMRAP in 60 seconds
- Keep it Controlled!
- 1 minute



# WEEK 2 DAY 3


## JUMPING JACK



- 4
-  AMRAP in 60 seconds
- Keep it Controlled!
-  1 minute

## VERTICAL JUMP



- 3
-  AMRAP in 60 seconds
- Keep it Controlled!
-  1 minute

## FLUTTER KICKS



- 4
-  AMRAP in 60 seconds
- Keep it Controlled!
-  1 minute

# WEEK 3

Week three is going to require you to give considerably more effort than the last two weeks, the intensity is going to be ramped up.

We are also going to introduce a new concept - supersets.

The idea behind this week of training is more work and less rest.

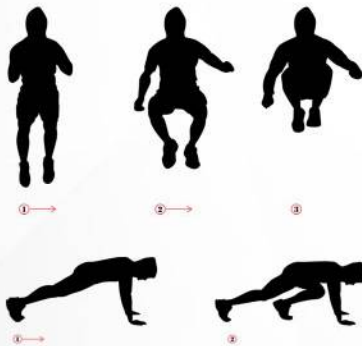
The amount of days that you train is going to be increased to five days a week.

## Legends

 **SETS**    **DURATION**    **REST**

# WEEK 3 DAY 1

## TUCK JUMP SUPERSET WITH MOUNTAIN CLIMBER



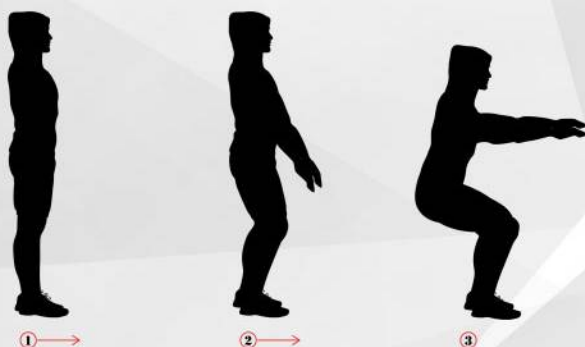
4  
AMRAP in 45 seconds  
*(45 seconds on each, 90 second total)*  
1 minute

## PUSH UPS



4  
Slow and controlled reps  
for 30 seconds  
45 seconds

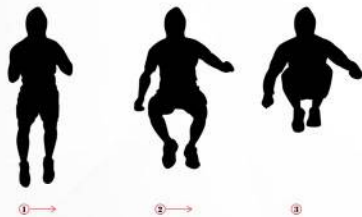
## SQUAT



3  
AMRAP in 30 seconds  
Keep it Controlled!  
1 minute

# WEEK 3 DAY 2

## BURPEES SUPERSET WITH PLANK



HOLD THIS POSITION



4

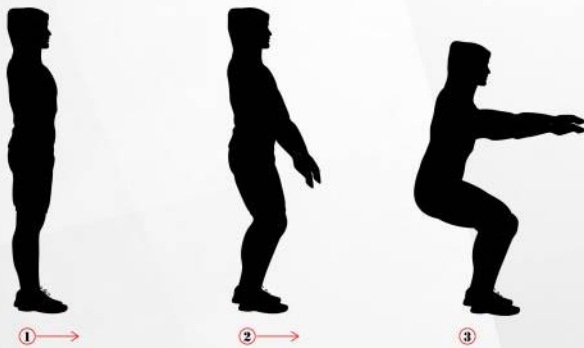
AMRAP in 45 seconds

(45 seconds on each, 90 second total)



1 minute

## SQUAT



4

AMRAP in 30 seconds

Keep it Controlled!



1 minute

## MOUNTAIN CLIMBER



4

AMRAP in 30 seconds

Keep it Controlled!



1 minute

# WEEK 3 DAY 3

## JUMPING JACK SUPERSET WITH VERTICAL JUMP



- 4 AMRAP in 45 seconds  
*(45 seconds on each, 90 second total)*
- 1 minute



---

## FLUTTER KICKS



- 5 AMRAP in 30 seconds  
Keep it Controlled!
- 1 minute

# WEEK 3 DAY 4

## TUCK JUMP SUPERSET WITH BURPEES



- 4 AMRAP in 45 seconds  
*(45 seconds on each, 90 second total)*
- 1 minute

## MOUNTAIN CLIMBER



- 3 AMRAP in 30 seconds  
Keep it Controlled!
- 1 minute

## PUSH UPS



- 3 Slow and controlled reps  
for 30 seconds
- 45 seconds

# WEEK 3 DAY 5

## BURPEES SUPERSET WITH SQUATS

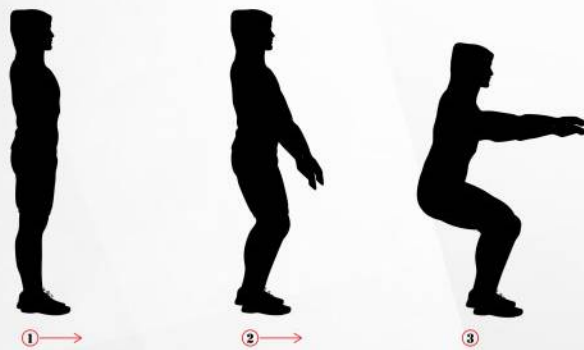


4

AMRAP in 45 seconds

*(45 seconds on each, 90 second total)*

1 minute



---

## PLANK

HOLD THIS POSITION



5

Hold the plank for as long as you

can hold PERFECT form

*(can breakdown towards end)*

1 minute



# WEEK 4

This week is still going to involve you training five days per week.

The length of these workouts should be about the same length as that of weeks one and two but with even higher amounts of intensity than ever before.

Your overall effort is going to be increased due to the fact that rest times will remain low and the amounts of sets, reps, supersets and trisets are going to increase / appear.

Some of the high intensity techniques are going to be implemented further with TABATA and HIIT methods

So, get ready!

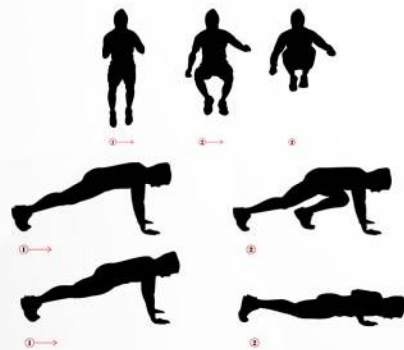
## Legends

 SETS    DURATION    REST



# WEEK 4 DAY 1

## TUCK JUMP TRISET WITH MOUNTAIN CLIMBER & PUSH UP



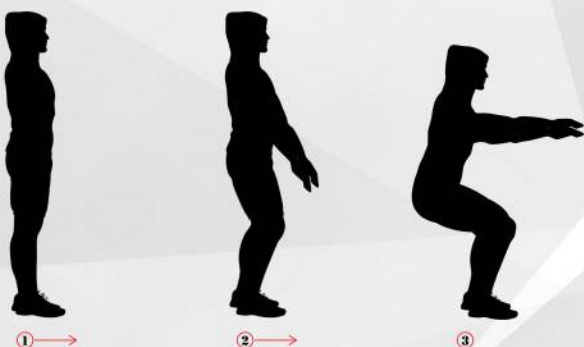
- 3 AMRAP in 45 seconds  
*(45 seconds on each, 135 second total)*
- 1 minute

## PUSH UPS



- 4 Slow and controlled reps  
for 30 seconds
- 45 seconds

## SQUAT



- 4 AMRAP in 30 seconds  
Keep it Controlled!
- 45 seconds

# WEEK 4 DAY 2

## BURPEES TRISET WITH PLANK & SQUAT



- 3 AMRAP in 45 seconds  
(45 seconds on each, 135 second total)
- 1 minute

## FLUTTER KICKS



- 5 AMRAP in 30 seconds  
Keep it Controlled!
- 45 seconds

## MOUNTAIN CLIMBER



- 5 AMRAP in 30 seconds  
Keep it Controlled!
- 45 seconds

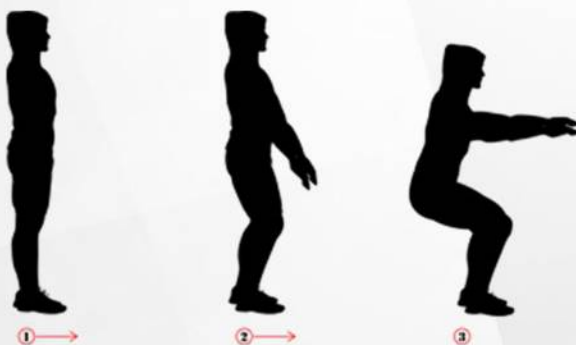
# WEEK 4 DAY 3




## JUMPING JACK TRISET WITH VERTICAL JUMP & FLUTTER KICKS



 3  
 AMRAP in 45 seconds  
*(45 seconds on each, 135 second total)*  
 1 minute



## SQUAT



 5  
 AMRAP in 30 seconds  
 Keep it Controlled!  
 45 seconds

## FLUTTER KICKS



 5  
 AMRAP in 30 seconds  
 Keep it Controlled!  
 45 seconds

# WEEK 4 DAY 4

## TUCK JUMP TRISET WITH BURPEES & MOUNTAIN CLIMBERS



3

AMRAP in 45 seconds

(45 seconds on each, 135 second total)



1 minute



## PUSH UPS



5

Slow and controlled reps  
for 30 seconds



45 seconds

## SQUAT



5

AMRAP in 30 seconds  
Keep it Controlled!



45 seconds

# WEEK 4 DAY 5

## BURPEES TRISET WITH SQUATS & PLANK



3

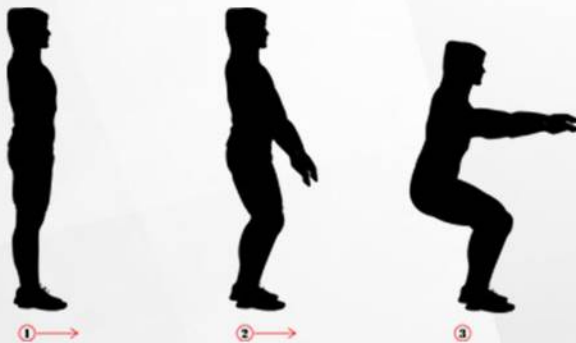
AMRAP in 45 seconds

(45 seconds on each, 135 second total)



1 minute

## SQUAT



5

AMRAP in 30 seconds

Keep it Controlled!



45 seconds

## BURPEES



5

AMRAP in 30 seconds

Keep it Controlled!



45 seconds

# ***CREATE YOUR OWN WORKOUT***

## **All Exercises in this Workout Plan**

1. Tuck Jump
2. Mountain Climber
3. Push Ups
4. Burpees
5. Plank
6. Squat
7. Jumping Jack
8. Vertical Jump
9. Flutter Kicks
10. Basic Jump
11. Double Under
12. Criss-Cross

If you wish to continue carrying on this program past the four week mark or feel like you simply want to create your own workouts right away, you can take the same exercises and principles of the provided routine and adapt them to your specific needs and abilities.

You also have the opportunity to add in or replace any of the exercises here that you seem fit.

This four week plan was created in order to give you a clear path of progression from week to week, so if you want to design your own workouts, try to keep this in mind as it may not be beneficial to jump straight to the advanced workouts.

You are likely going to gain more from your sessions if you cycle the workout intensifiers (supersets, tri-sets, TABATA and HIIT) by implementing them a little later into your program.

Once your program is completed, you can either start again from the beginning or choose a new exercise routine.

Once again, we'd like to say a big thank you for purchasing our product.

We would love to hear your thoughts on the product - Ourselves and the community really benefit from your feedback as it allows us to improve the product and help others to decide whether to get involved, too. - Let us know by leaving some feedback on Amazon!