

Intermediate strength workout

at the gym, 3-day full body

Rotate sessions A, B and C with a day off in between.

Intermediate	3×	3-4 × 5-8	2-3 min
LEVEL	DAYS A WEEK	MAIN LIFT	REST ON HEAVY LIFTS

- 1
- MOBILITY & WARM-UP** 8-10 min
 - Bike or row at an easy pace, 3-5 minutes
 - A few arm, hip and ankle circles
 - 2-3 lighter sets building up to your working weight before each main lift

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WORKOUT do the exercises in order

Session A	Session B	Session C
Main lift 3-4 × 5-8 · others 2-3 × 8-12	Main lift 3-4 × 5-8 · others 2-3 × 8-12	Main lift 3-4 × 5-8 · others 2-3 × 8-12
1 Back squat or leg press Main lift 3-4 × 5-8	1 Romanian or trap-bar deadlift Main lift 3-4 × 5-8	1 Leg press or front squat Main lift 3-4 × 5-8
2 Bench press (barbell or dumbbell) 2-3 × 8-12	2 Overhead press (dumbbell or barbell) 2-3 × 8-12	2 Incline dumbbell press 2-3 × 8-12
3 Seated cable row 2-3 × 8-12	3 Lat pulldown or pull-up 2-3 × 8-12	3 One-arm dumbbell row 2-3 × 8-12
4 Romanian deadlift 2-3 × 8-12	4 Walking lunge or split squat 2-3 × 8-12	4 Hip thrust 2-3 × 8-12
5 Plank 2 × hold	5 Side plank 2 × hold	5 Cable or dumbbell curl + triceps pressdown (optional) 2 × 8-12

Rest 2-3 minutes or more between heavy sets and 1-2 minutes between the others. Leave 1-2 reps in reserve. Use a spotter or safety pins on squat, bench and overhead press; no one-rep-max tests.

3

PLAN 8 weeks			
WEEKS	MAIN LIFT	OTHER EXERCISES	WHAT TO CHANGE
1-3	3 × 6-8	2-3 × 10-12	Add weight at the top of the range on all sets
4	2 × 6	2 × 10	Easier week: same weights, fewer sets
5-7	4 × 5-6	2-3 × 8-10	Heavier than weeks 1-3
8	2 × 5	2 × 8	Easier week: same weights, fewer sets

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- COOL-DOWN**
 - Easy stretches for the muscles you just used
 - Stretch when your muscles are warm, and breathe
 - Never stretch so far that it hurts

Progress: When you can do 1-2 reps more than your target, raise the load 2-10%. After week 8, change something every 4-8 weeks.