

Intermediate full-body workout

at home, dumbbells & bands

Two sessions, A and B, three days a week.

Intermediate	3×	8-12	1-2 min
LEVEL	DAYS A WEEK	REPS PER SET	REST BETWEEN SETS

1

MOBILITY & WARM-UP

5 min

— March in place or skip rope gently, 2 minutes

— Slow circles with your arms, hips and ankles

— One light set of 6-8 reps of the first two exercises

2

WORKOUT

do the exercises in order

Session A

3 sets of each

1

Rear-foot-elevated split squat

Legs and hips

3 x 8-12

2

Dumbbell Romanian deadlift

Back of the legs, hips

3 x 8-12

3

Push-up

Chest, shoulders, arms

3 x 8-12

4

One-arm dumbbell row

Upper back, arms

3 x 8-12

5

Standing dumbbell overhead press

Shoulders, arms

3 x 8-12

6

Side plank

Sides of the abdomen

3 x hold

Session B

3 sets of each

1

Goblet squat

Legs and hips

3 x 8-12

2

Dumbbell hip thrust

Hips, back of the legs

3 x 8-12

3

Dumbbell floor press

Chest, shoulders, arms

3 x 8-12

4

Bent-over dumbbell row

Upper back, arms

3 x 8-12

5

Band pull-apart

Rear shoulders, upper back

3 x 8-12

6

Bird dog with a pause

Back, hips, abdomen

3 x 8-12

3

PLAN

8 weeks

WEEKS	SETS x REPS	WHAT TO CHANGE
1-3	3 x 10-12	At 12 reps on all sets, add weight or make it harder
4	2 x 10	Easier week: same weights, fewer sets
5-7	3 x 8-10	Heavier weights or harder variations
8	2 x 8	Easier week: same weights, fewer sets

4

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:

Check that your chair or bench is stable before you put weight or your foot on it. Leave 1-3 reps in reserve on most sets.

Educational content, not medical advice. Check with your doctor first if you have a medical condition or symptoms. An example built from the guidance cited in the article, not a personal prescription.

www.getvitalmuscles.com

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