



## INTERMEDIATE LEAN

FULL BODY Approx 50 mins

**Warm-Up (7 mins)** **Why:** Increases blood flow, elevates muscle temperature, and enhances performance while reducing injury risk.

- **Ski Erg Intervals:** 3 min (30 sec at RPE 4, 30 sec at RPE 6)
- **Dynamic Leg Swings:** 1 min – How: Hold support, swing each leg forward/back and side-to-side.
- **Arm Circles & Band Pull-Aparts:** 1 min each – How: Swing arms in circles, then pull resistance band apart at chest.

### RPE Scale Reference

- **RPE 1–2:** Very light, easy pace
- **RPE 3–4:** Light, warm-up pace
- **RPE 5–6:** Moderate, can talk but slightly breathless
- **RPE 7–8:** Hard, can speak a few words
- **RPE 9–10:** Very hard, maximum effort

**Main Workout (36 mins)** Rest 60–90 seconds between sets. Structure: Pair strength exercises with functional cardio bursts. Rest 60 sec between supersets.

### 1A – Kettlebell Goblet Squat – 4 x 8–10reps

- How: Hold KB at chest, squat deep, drive through heels.
- Why: Builds quads, glutes, and core stability.

### 1B – Battle Rope Slams – 4 x 20–30sec

- How: Slam ropes forcefully, engage core.
- Why: Torch calories and improves power.

### 2A – Barbell Deadlift – 4 x 6–8reps

- How: Hinge hips, grip bar, stand tall.
- Why: Strengthens posterior chain and burns fat.

### 2B – Slam Ball – 3 x 10–12reps

- How: Lift slam ball overhead, throw forcefully to ground, squat to pick up.
- Why: Develops power, coordination, and full-body.

### 3A – Dumbbell Bench Press – 3 x 10reps

- How: Lie on bench, press dumbbells up.
- Why: Tones chest, triceps, and shoulders.

### 3B – Kettlebell Swing – 3 x 15reps

- How: Stand with feet hip-width apart, hinge at hips, swing kettlebell to chest height, using powerful hip extension and core.
- Why: Explosive power and cardio burn.

### Stair Climber Sprints

- Time: 5x1 min at RPE 8, 1 min at RPE 4
- How: Sprint (example – at 70+ steps/min), recover (example – at 40).
- Why: Maximises calorie burn and leg endurance.

### Weighted Russian Twists: 4 x 20reps (10kg plate)

- How: Sit, lean back, twist torso side-to-side.
- Why: Targets obliques and core stability.

**Cool-Down (7 mins)** **Why:** Lower heart rate, improve flexibility, reduce muscle soreness, and prevent injury.

### Hamstring Stretch (30 sec per leg)

- How: Stand, extend one leg, hinge at hips, reach toward toes.

### Chest Stretch (Doorway or Wall) (1 min)

- How: Place forearm on wall/doorway, gently lean forward.

### Shoulder Stretch (30 sec per arm)

- How: Pull one arm across chest, hold with opposite arm.

### Quad Stretch (30 sec per leg)

- How: Stand, pull foot to glutes, keep knees together.

### Upper Back Stretch (Hug Yourself) (1 min)

- **How:** Hug yourself, gently pull shoulders forward.

Gentle walking or cycling: 2–3 minutes

### Programming Notes

- RPE 7–8: Challenging but sustainable; adjust weights to match effort.
- Progression: Add 5–10% weight weekly or reduce rest by 10–15 seconds.
- Cardio Focus: Ski erg, battle ropes, and stair sprints optimize calorie burn for leanness.
- Functional Tools: Slam balls and kettlebells enhance power and metabolic conditioning.