



INTERMEDIATE LEAN

UPPER 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 Arm Circles:** 1 min – How: Swing arms forward/backward in circles.
- **Band Pull-Aparts:** 1 min – How: Hold resistance band, pull apart to chest level.
- 2 warm-up sets of your first exercise with light weight

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 (38 mins) Rest 60–90 seconds between sets.

Bench Press (Barbell) – 4 x 8–10reps

- How: Lie flat, lower bar to chest, press up.
- Why: Builds chest, triceps, and pressing strength for lean muscle.

Weighted Pull-Ups / Heavy lat pull – 3 x 6–8reps

- How: Grip bar wide, pull chin over, control descent / Hold bar wide and Pull down to chest, control up.
- Why: Strengthens back, improves posture and pulling power.

Dumbbell Shoulder Press – 3 x 10reps

- How: Sit tall, press dumbbells overhead.
- Why: Develops shoulders and core stability.

Battle Rope Slams – 3–4 x 20–30sec

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

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.

Cable Face Pull – 3 x 12–15reps

- How: Explode upward, throw ball at wall, catch.
- Why: Enhances power and metabolic conditioning.

Treadmill Intervals

- Time: 5 x 1 min fast jog + 1 min slow walk
- RPE: 6–8
- How: Alternate fast and slow walking/jogging.
- Why: Boosts calorie burn, heart health, and leanness.

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

Shoulder stretch: 30 seconds per arm

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

Triceps stretch: 30 seconds per arm

- How: Reach one arm overhead, bend elbow, gently pull with other hand.

Chest stretch (doorway or wall): 1 minute

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

Upper back stretch (hug yourself): 1 minute

- How: Hug yourself, pull shoulders forward.

Gentle walking or stationary cycling: 2–3 minutes

Programming Notes

- RPE 7–8: Challenging but sustainable; last reps should feel tough.
- Progression: Add 5–10% weight weekly or reduce rest by 10–15 seconds.
- Cardio Integration: Battle ropes, slam balls, and stair sprints boost calorie burn for leanness.
- Functional Focus: Prioritises compound lifts and power moves for metabolic efficiency.