



INTERMEDIATE STRENGTH

FULL BODY Approx 50 mins

Warm-Up (8 mins)

Why: Increases blood flow, elevates muscle temperature, and enhances performance while reducing injury risk.

- Jumping Jacks (1 min)
- Arm Circles (30 sec forward/backward)
- Bodyweight Squats (10 reps)
- Hip Bridges (10 reps)
- Band Pull-Aparts (10 reps)
- Light Cardio (3 min treadmill/row)

Programme Tips

- Focus on slow, controlled movements and proper form.
- Choose weights that are challenging but allow you to finish all reps with good technique.
- Increase weights gradually as you get stronger.
- Rest at least one day between sessions

Main Workout (35 mins)

Rest 60–90 seconds between sets.

Goblet Squat – 4 x 8–10 reps

- How: Hold dumbbell/kettlebell at chest, squat deep, drive through heels.
- Why: Builds leg/core strength with minimal spinal load.

Dumbbell Bench Press – 4 x 8–10 reps

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

Bent-Over Barbell Row – 4 x 8–10 reps

- How: Hinge at hips, grip bar shoulder-width, pull to ribs.
- Why: Strengthens upper/mid back and improves posture.

Romanian Deadlift – 3 x 10–12 reps

- How: Sit/stand, press dumbbells overhead.
- Why: Enhances shoulder stability and overhead strength.

Dumbbell Shoulder Press – 3 x 10–12 reps

- How: Sit/stand, press dumbbells overhead.
- Why: Enhances shoulder stability and overhead strength.

Lat Pulldown Machine – 3 x 10–12

- How: Grip bar wide, pull to upper chest.
- Why: Targets lats and improves vertical pulling strength.

Plank – 3x45–60 sec

- How: Forearms and toes on floor, body straight.
- Why: Builds core stability and endurance.

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