

Intermediate Lifters Strength Training

VOLUME:

Complete Both Session 1 & Session 2 once OR twice a week,

If you are on a 3 session a week plan, alternate between session 1 and session 2 for the third session.

Session 1 – Maximum effort training				
EXERCISES	Reps	Tempo	Sets	Rest
BB Rear Lunges	8 ES	2:0:1	3	90 sec
Back or Front Squat	8	2:0:1	3	90 sec
BB Romanian deadlift	8	2:1:1	3	1 min
Eccentric Razor Curls	8	3:1:X	3	2 mins
Inverted Barbell OR TRX Row	10	2:1:2	3	90 sec
BB Bench press	10	2:1:1	3	90 sec
Pull and Press	8	1:1:1	3	90 sec
Arnold Press	10	2:0:1	3	90 sec
Session 2 – Dynamic effort training				
EXERCISES	Reps	Tempo	Sets	Rest
BB Box step up with knee drive	8 ES	Controlled	3	Start stopwatch at beginning of set. Start new set every 60 secs. Complete 500m row after KB Swings, then again after Push Ups
Box Jump	8	Controlled	3	
KB Swing	8	Controlled	3	
BB Push Press	8	Controlled	3	
DB Bent Over Row (Neutral Grip)	8	Controlled	3	
Elevated Push Ups	8	Controlled	3	

Note:

BB = Barbell DB = Dumbbell / KB = Kettle Bell / ES = Each Side