



# **INTERMEDIATE WORKOUTS**

## **4 Week plan**

**SIMPLE HABITS TO  
HELP YOUR  
FITNESS JOURNEY**

### **MILES**

The goal is 10 miles a week whether walking, running, or hiking. *(10,000 Steps = 5 Miles)*

### **SLEEP**

The goal is to sleep at least 7+ hours a day.

### **WATER**

The goal is to consume 80+ oz. of water daily.

### **INTENT**

When it comes to food, always do you best to make the healthier choice.



# Week 1-2

## Day 1: Upper Body & Core

1. Push-ups – 4 sets of 15-20 reps
2. Shoulder Taps – 3 sets of 20 reps
3. Triceps Dips (use a sturdy chair or bench) – 4 sets of 15 reps
4. Plank – 3 sets, hold for 45 seconds
5. Mountain Climbers – 3 sets of 45 seconds
6. Russian Twists – 3 sets of 20 reps/side

## Day 2: Lower Body & Core

1. Bodyweight Squats – 4 sets of 15-20 reps
2. Reverse Lunges – 3 sets of 20 reps
3. Glute Bridges – 4 sets of 20 reps
4. Single-Leg Romanian Deadlift (bodyweight) – 3 sets of 15-20 reps
5. Side Plank – 3 sets, 30 seconds/side
6. Flutter Kicks – 3 sets of 20 seconds

Day 3: Active Recovery Rest, Stretching, or light activity like walking, cycling, or yoga

Day 4: Full Body HIIT Perform each exercise for 30 seconds, rest for 10-15 seconds between exercises. Repeat the circuit 2-4 rounds.

1. Jump Squats
2. Push-ups
3. Burpees
4. Mountain Climbers
5. Plank to Push-up (alternating between plank and push-up)
6. Jumping Lunges

## Day 5: Core Focus

1. Plank with Shoulder Tap – 3 sets of 20 taps
2. Leg Raises – 4 sets of 12-15 reps
3. Bicycle Crunches – 4 sets of 20 reps
4. Bird Dogs – 3 sets, of 20 reps
5. V-Up Crunches – 3 sets of 15 reps

Day 6: Active Recovery Light activity or yoga/stretching.

Day 7: Rest Full rest day.

# Week 3-4

## Day 1: Upper Body & Core (Progressed)

1. Push-ups – 4 sets of 20 reps
2. Walk Outs – 4 sets of 10 reps
3. Triceps Dips (Use a chair or bench) – 3 sets of 15-20 reps
4. Plank with Leg Lift – 3 sets, 45 seconds
5. Plank to Push-up – 3 sets of 12 reps

## Day 2: Lower Body Strength & Plyometrics

1. Jump Squats – 4 sets of 15-20 reps
2. Bulgarian Split Squats (using a chair for support) – 4 sets of 15 reps/leg
3. Lateral Lunges – 3 sets of 15 reps/leg
4. Curtsy Lunges – 3 sets of 15 reps/leg
5. Broad Jumps – 3 sets of 10 reps

Day 3: Full Body HIIT (Progressed) Perform each exercise for 40 seconds, with 10 seconds rest in between. Repeat the circuit 3-4 times.

1. Jumping Jacks
2. Burpees
3. Push-ups
4. Skater Jumps
5. Mountain Climbers
6. High Knee

## Day 4: Core Focus

1. Plank with Reach – 3 sets of 20 reps
2. V-Ups – 3 sets of 20 reps
3. Reverse Crunches – 3 sets of 20 reps
4. Hollow Hold – 3 sets, 30 seconds
5. Side Plank with Hip Dip – 3 sets of 20 reps/side

## Day 5: Total Body Endurance

1. Push-up Ladder – Start at 8 reps, add 1 rep every minute for 10 minutes.
2. Jump Squats – 4 sets of 15-20 reps
3. Plank Jacks – 3 sets of 20 reps
4. Forward to Reverse Lunges – 3 sets of 20 reps/per leg
5. Plank – Hold for 1 minute

Day 6: Active Recovery or Cardio Optional light jog, cycling, swimming, or yoga.

Day 7: Rest