



WORK OUT PLAN INTERMEDIATE

If you want to improve the way your body burns calories resulting in a leaner body, then try this workout plan.

For further intermediate training and guidance on nutrition please speak to one of our Personal Trainers who can guarantee results.

A woman is shown in profile, working out at a gym. She is using a piece of equipment, possibly a rowing machine or a similar cardio machine. The background is slightly blurred, showing other gym equipment and a bright, modern interior.

2 LEAN

SHAPE



KAL

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Exercise / Equipment	Time / Sets / Reps	Weight (kg)
Bike	6-8 mins RPE 3-5 increase intensity every 2 mins	
Treadmill	10 mins with 60 sec intervals RPE 6-8, 60 sec recovery	
Rowing Machine	8 mins with 30 sec intervals RPE 7-8, 30 sec recovery	
Squat & Press	2 x 15	
Press Up / Barbell Press	2 x 15	
Single Arm Dumbbell Row	2 x 15	
Plank	2 x 30-45 secs	

Please perform a 5 min warm up & cool down either side of this workout.

**Not sure?
Please ask a
member of our
team.**

NOTES:

