



WORK OUT PLAN INTERMEDIATE

If you want to improve your body shape and become stronger in everyday life then try this plan.

Do you need more? For guidance on nutrition & training please speak to one of our Personal Trainers who can guarantee results.



2 STRENGTH

SHAPE



KAL

WORK OUT PLAN INTERMEDIATE

Exercise / Equipment	Time / Sets / Reps	Weight (kg)
Cycle	10 mins every min a 15 sec	
Back Squat	3 x 8	
Reverse Lunge	3 x 8 (each Leg)	
Seated Dumbbell Shoulder Press	3 x 8	
Inverted Row	3 x 8	
Bench Press	3 x 8	
Walking Plank	3 x 8	

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

Not sure?
Please ask a
member of our
team.

NOTES:

