

HERE YOU GO!

Strength Training: Intermediate

LET'S GET STARTED

Written by The Quad.
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Pre-requisites

- You know all the movements specified in the 'Beginner' plan, and can execute them flawlessly
- You have (or can) do 4 sets of 10 reps of the sample workouts given in the "Beginner" plan
- You know all the progressions mentioned at the "Intermediate" level.

The Moves

Squat

- Goblet squat
- Split squat
- Weighted step-up

Hinge

- Kettlebell Sumo Deadlift
- Staggered Deadlift (using KBs)

Push

- Overhead Press
- Push Press
- Pushup

Pull

- Hang (or) Pullup negatives (or) Pullup singles
- KB/DB rows

Core

- Elbow Plank (up to 2 minutes)
- Elbow side-plank (up to 1 min/side)
- Band resisted tall kneel iso hold (up to 30s/side)
- Farmer carry (50-75% bodyweight total)
- Suitcase carry (20-40% bodyweight on one side)
- Deadbug

Putting it all together

Each workout, pick one move for each primary movement

Do a circuit of all 5 movements

Progress from 4 sets of 5 repetitions to 4 sets of 10 repetitions

For example, here are two workouts.

- Workout A

- Goblet squat
- KB Staggered DL
- Overhead Press
- Hang
- Farmer carry

- Workout B

- Split squat
- KB Sumo DL
- Overhead Press
- DB Row
- Elbow Plank

On Day 1, you will do 4 rounds of Workout A

- 5 goblet squats
- 5 OH presses on left side
- 5 KB Staggered DLs on left side
- 5 OH presses on right side
- 5 KB Staggered DLs on right side
- (up to) 20s hang
- (up to) 30s farmer carry

On Day 2, you will do 4 rounds of Workout B

- 5 split squats on L
- 5 OH presses on L
- 5 split squats on R
- 5 OH presses on R
- 5 KB Sumo DLs
- 5 DB rows
- (up to) 2 mins Elbow plank

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Progress from 5 reps to 10 reps on the weighted moves.

And up to the maximum time specified on the other moves.

When you can perform 10 reps, move up in weight.

When you hit the maximum time, change move. You can pick one of the other movement options, or use a progression from the "Advanced" plan.

How many days/week?

If you are gonna train 2 days a week,

Mondays: Workout A

Thursdays: Workout B

If you are gonna train 3 days a week,

Week 1

Monday: Workout A

Wednesday: Workout B

Friday: Workout A

Week 2

Monday: Workout B

Wednesday: Workout A

Friday: Workout B

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If you are gonna train 4 days a week,

Mon: Workout A

Tue: Workout B

Thu: Workout A

Fri: Workout B