

FAMILY • MORALE • WELFARE • RECREATION

4 Week Intermediate Exercise Program | Goals: Strength, Mobility, Cardiovascular Improvements

Week 1		Week 2		Week 3		Week 4	
Monday - Mobility (20 Sec Each)		Monday - Mobility (20 Sec Each)		Monday - Mobility (20 Sec Each)		Monday - Mobility (20 Sec Each)	
Full Body Foam Roall		Full Body Foam Roall		Full Body Foam Roall		Full Body Foam Roall	
Bear Walks (Down Dog Walk)		Bear Walks (Down Dog Walk)		Bear Walks (Down Dog Walk)		Bear Walks (Down Dog Walk)	
Half-Kneeling Wall Dorsiflexion		Half-Kneeling Wall Dorsiflexion		Half-Kneeling Wall Dorsiflexion		Half-Kneeling Wall Dorsiflexion	
Hamstring Scoops		Hamstring Scoops		Hamstring Scoops		Hamstring Scoops	
Pigeon Pose		Pigeon Pose		Pigeon Pose		Pigeon Pose	
Cobra Pose		Cobra Pose		Cobra Pose		Cobra Pose	
Band Pass Through/Floss		Band Pass Through/Floss		Band Pass Through/Floss		Band Pass Through/Floss	
Overhead Tricep Stretch		Overhead Tricep Stretch		Overhead Tricep Stretch		Overhead Tricep Stretch	
World's Greatest w/ Rotation		World's Greatest w/ Rotation		World's Greatest w/ Rotation		World's Greatest w/ Rotation	
Tuesday - Leg strength	Sets x Reps	Tuesday - Leg strength	Sets x Reps	Tuesday - Leg strength	Sets x Reps	Tuesday - Leg strength	Sets x Reps
Dumbbell Goblet Squat	2 x 8	Dumbbell Goblet Squat	2 x 10	Dumbbell Goblet Squat	3 x 8	Dumbbell Goblet Squat	3 x 10
Dumbbell Walking Lunges	2 x 5 each	Dumbbell Walking Lunges	2 x 8 each	Dumbbell Walking Lunges	3 x 5 each	Dumbbell Walking Lunges	3 x 8 each
Dumbbell Romanian Deadlift	2 x 8	Dumbbell Romanian Deadlift	2 x 10	Dumbbell Romanian Deadlift	3 x 8	Dumbbell Romanian Deadlift	3 x 10
Farmer's Walk on Toes	2 x 10 sec	Farmer's Walk on Toes	2 x 15 sec	Farmer's Walk on Toes	3 x 10 sec	Farmer's Walk on Toes	3 x 15 sec
Walk on heels	2 x 10 sec	Walk on heels	2 x 15 sec	Walk on heels	3 x 10 sec	Walk on heels	3 x 15 sec
Hanging Knee Raise	2 x 8	Hanging Knee Raise	2 x 10	Hanging Knee Raise	3 x 8	Hanging Knee Raise	3 x 10
Shoulder Tap Planks	2 x 8	Shoulder Tap Planks	2 x 10	Shoulder Tap Planks	3 x 8	Shoulder Tap Planks	3 x 10
Wednesday - Upper Strength 1	Sets x Reps	Wednesday - Upper Strength 1	Sets x Reps	Wednesday - Upper Strength 1	Sets x Reps	Wednesday - Upper Strength 1	Sets x Reps
Incline Dumbbell Bench Press	2 x 8	Incline Dumbbell Bench Press	2 x 10	Incline Dumbbell Bench Press	3 x 8	Incline Dumbbell Bench Press	3 x 10
Dumbell Shoulder Press	2 x 8	Dumbell Shoulder Press	2 x 10	Dumbell Shoulder Press	3 x 8	Dumbell Shoulder Press	3 x 10
Cable Lateral Raise	2 x 8	Cable Lateral Raise	2 x 10	Cable Lateral Raise	3 x 8	Cable Lateral Raise	3 x 10
Chest Fly Machine	2 x 8	Chest Fly Machine	2 x 10	Chest Fly Machine	3 x 8	Chest Fly Machine	3 x 10
Cable Tricep Extension	2 x 8	Cable Tricep Extension	2 x 10	Cable Tricep Extension	3 x 8	Cable Tricep Extension	3 x 10
Cable Face Pull	2 x 10	Cable Face Pull	2 x 12	Cable Face Pull	3 x 10	Cable Face Pull	3 x 12
Thursday - Upper Strength 2	Sets x Reps	Thursday - Upper Strength 2	Sets x Reps	Thursday - Upper Strength 2	Sets x Reps	Thursday - Upper Strength 2	Sets x Reps
Cable Seated Row	2 x 8	Cable Seated Row	2 x 10	Cable Seated Row	3 x 8	Cable Seated Row	3 x 10
Lat Pull Down	2 x 8	Lat Pull Down	2 x 10	Lat Pull Down	3 x 8	Lat Pull Down	3 x 10
Band Pull Apart	2 x 8	Band Pull Apart	2 x 10	Band Pull Apart	3 x 8	Band Pull Apart	3 x 10
Rope Sled Pull/Single Arm Row	2 x 10 sec	Rope Sled Pull/Single Arm Row	2 x 15 sec	Rope Sled Pull/Single Arm Row	3 x 10 sec	Rope Sled Pull/Single Arm Row	3 x 15 sec
Dumbbell Curl	2 x 8	Dumbbell Curl	2 x 10	Dumbbell Curl	3 x 8	Dumbbell Curl	3 x 10
Incline Y Raise	2 x 8	Incline Y Raise	2 x 10	Incline Y Raise	3 x 8	Incline Y Raise	3 x 10
Friday - Cardio		Friday - Cardio		Friday - Cardio		Friday - Cardio	
3-5 min cardio of choice WU		3-5 min cardio of choice WU		3-5 min cardio of choice WU		3-5 min cardio of choice WU	
3 Rounds of 30 sec each:		3 Rounds of 40 sec each:		3 Rounds of 50 sec each:		3 Rounds of 60 sec each:	
Row machine or Cycle		Row machine or Cycle		Row machine or Cycle		Row machine or Cycle	
Inchworm Walkouts		Inchworm Walkouts		Inchworm Walkouts		Inchworm Walkouts	
Mountain Climbers		Mountain Climbers		Mountain Climbers		Mountain Climbers	
Step ups or snapdowns		Step ups or snapdowns		Step ups or snapdowns		Step ups or snapdowns	
15-45 min cardio of choice:		15-45 min cardio of choice:		15-45 min cardio of choice:		15-45 min cardio of choice:	
Walking, Jogging, Biking,		Walking, Jogging, Biking,		Walking, Jogging, Biking,		Walking, Jogging, Biking,	
Rowing, Stairclimber, etc.		Rowing, Stairclimber, etc.		Rowing, Stairclimber, etc.		Rowing, Stairclimber, etc.	