



Name: \_\_\_\_\_

**A Total Body**

*Intermediate - Commercial Gym*

				Date				Date				Date			
	Movement	Reps	Tempo												
A1	DB Bench Step Up	8-10	30X0												
Rest	60 seconds														
A2	45-degree Incline DB Press, Neutral	12-15	30X0												
Rest	60 seconds														
B1	DB Romanian Deadlift	8-10	40X0												
Rest	60 seconds														
A4	Seated Lat Pulldown, Close Neutral Grip	12-15	30X1												
Rest	60 seconds														

**B Total Body**

*Intermediate - Commercial Gym*

				Date				Date				Date			
	Movement	Reps	Tempo												
A1	DB Split Squat	10-12	21X0												
Rest	60 seconds														
A2	Kneeling 1-Arm DB Row	12-15	30X0												
Rest	60 seconds														
B1	Lying Leg Curl, Toes Outward & Dorsiflexed	8-10	40X0												
Rest	60 seconds														
A4	Standing 1-Arm Overhead DB Press, Neutral	12-15	30X0												
Rest	60 seconds														

**C Total Body**

*Intermediate - Commercial Gym*

				Date				Date				Date			
	Movement	Reps	Tempo												
A1	Duck Stance 45-degree Leg Press	20	31X0												
Rest	60 seconds														
A2	DB Upright Row	12-15	30X1												
Rest	60 seconds														
B1	Lying Leg Curl, Toes Inward & Plantarflexed	12-15	30X1												
Rest	60 seconds														
B2	DB Push Press Neutral Grip	8-10	30X0												
Rest	60 seconds														

**ALL TOGETHER  
ALL STRONGER**