

Intermediate Workout Plan

Week 1 - Day 1

Stretching/Jog/ Jumping Jacks

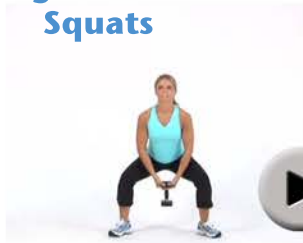
Warm Up



Begin all workouts with stretching of your major muscles. Today your warm up exercise is a 5-minute jog, followed by 25-30 jumping jacks.

Weighted Sumo Squats

Legs/Glutes



Begin with feet wider than shoulder width, feet slightly angled out. Sit back as if taking a seat, creating a 90-degree angle with your legs. Exhale on way up.
Reps: 12 Sets: 3

Weighted Calf Raises

Calves



Holding dumbbells at your sides, push your heels up off the ground using your calf muscles. Hold up for 3 seconds and lower.
Reps: 12 reps per side Sets: 3

Side Leg Raise

Legs/Hips



Lay on your side with your legs straight and together. Raise your top leg straight up, using your hips to secure your balance. Repeat exercise for opposite leg.
Reps: 12 Sets: 3

Jump Squats

Legs/Glutes



Standing with feet shoulder width apart, sit back as if taking a seat. On your way back up, push fast and jump a few inches off the ground and then land softly. Keep arms at sides at all times.
Reps: 12 Sets: 3

Walking Lunge

Quads/Glutes



Step forward with your right leg and lower your body to the floor until both knees are at a 90 degree angle. Your knees should be in line with your ankle. Push upward and bring the rear leg forward until you are standing upright.
Reps: 12 per leg Sets: 3

Toe Taps

Legs



Begin with one foot on a ball or similar object with just toes touching. Perform a small hop and switch feet position, so the other foot is now touching the ball. 1 touch = 1 rep
Reps: 20 Sets: 3

Jumping Jacks/ Stretching

Cool Down



We are having you work your body one last time with 25-30 jumping jacks, followed by a nice calm stretching session. Focus on slowing your breathing and lowering your heart rate while stretching.

DIRECTIONS: Welcome to the intermediate exercise plan! Throughout this plan, we will have you performing some basic exercise moves that you may have seen in the beginner plan, but also many exercises that are more challenging variations of the beginner plan. We took many of those basic moves and built upon them to build a program that will challenge you! We also incorporated a few more heart-pounding exercises to help keep your heart rate up and burn even more calories!