**Intermediate Workout Day 1**

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| **Exercise** | **Sets** | **Reps** |
| 1. [Squats](https://www.muscleandstrength.com/exercises/squat.html)\* | 3 | 8-12 |
| 2. [Hack Squats](https://www.muscleandstrength.com/exercises/hack-squat.html) | 3 | 8-12 |
| 3. [Sissy Squats](https://www.muscleandstrength.com/exercises/sissy-squat.html) | 2 | 10-12 |
| 4. [Leg Extensions](https://www.muscleandstrength.com/exercises/leg-extension.html) | 3 | 10-12 |
| 5. [Lunges](https://www.muscleandstrength.com/exercises/barbell-lunge.html) | 3 | 10 Each |
| 6. [Stiff Legged Deadlifts](https://www.muscleandstrength.com/exercises/stiff-leg-deadlift-aka-romanian-deadlift.html) | 4 | 8-12 |
| 7. [Leg Curls](https://www.muscleandstrength.com/exercises/leg-curl.html) | 3 | 10-12 |
| 8. [Standing Calf Raises](https://www.muscleandstrength.com/exercises/standing-machine-calf-raise) | 4 | 10-12 |
| 9. [Donkey Calf Raises](https://www.muscleandstrength.com/exercises/donkey-calf-raise.html) | 3 | 10-12 |
| 10. [Seated Calf Raises](https://www.muscleandstrength.com/exercises/seated-calf-raise.html) | 3 | 12-15 |

**Intermediate Workout Day 2**

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| **Exercise** | **Sets** | **Reps** |
| 1. [Bench Press](https://www.muscleandstrength.com/exercises/barbell-bench-press.html)\* | 3 | 8-12 |
| 2. [Dumbbell Incline Press](https://www.muscleandstrength.com/exercises/incline-dumbbell-bench-press.html) | 3 | 8-12 |
| 3. [Dumbbell Fly](https://www.muscleandstrength.com/exercises/dumbbell-flys.html) | 3 | 10-12 |
| 4. [Cable Crossovers](https://www.muscleandstrength.com/exercises/cable-crossovers-%28upper-chest%29.html) | 3 | 10-12 |
| 5. [Lying Barbell Extensions](https://www.muscleandstrength.com/exercises/lying-tricep-extension.html)\* | 3 | 10-12 |
| 6. [Overhead Dumbbell Extensions](https://www.muscleandstrength.com/exercises/two-arm-dumbbell-extension.html) | 3 | 10-12 |
| 7. [Dumbbell Kickbacks](https://www.muscleandstrength.com/exercises/tricep-kickback.html) | 3 | 10-12 |

**Intermediate Workout Day 3**

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| **Exercise** | **Sets** | **Reps** |
| 1. [Deadlifts](https://www.muscleandstrength.com/exercises/deadlifts.html)\* | 3 | 8-12 |
| 2. [Pull Downs](https://www.muscleandstrength.com/exercises/lat-pull-down.html)\* | 3 | 10-12 |
| 3. [Pull Overs](https://www.muscleandstrength.com/exercises/dumbbell-pullover.html) | 3 | 10-12 |
| 4. [Underhand Rows](https://www.muscleandstrength.com/exercises/reverse-grip-bent-over-row.html) | 3 | 8-12 |
| 5. [Neutral Grip Cable Rows](https://www.muscleandstrength.com/exercises/seated-row.html) | 3 | 8-12 |
| 6. [Bent Over Lateral Raises](https://www.muscleandstrength.com/exercises/bent-over-dumbbell-reverse-fly.html) | 3 | 10-12 |
| 7. [Barbell Curls](https://www.muscleandstrength.com/exercises/standing-barbell-curl.html)\* | 3 | 10-12 |
| 8. [Incline Curls](https://www.muscleandstrength.com/exercises/incline-dumbbell-curl.html) | 3 | 10-12 |
| 9. [Concentration Curls](https://www.muscleandstrength.com/exercises/concentration-cur.html) | 3 | 10-12 |

**Intermediate Workout Day 4**

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| **Exercise** | **Sets** | **Reps** |
| 1. [Shoulder Press](https://www.muscleandstrength.com/exercises/military-press.html)\* | 4 | 10-12 |
| 2. [Incline Lateral Raises](https://www.muscleandstrength.com/exercises/dumbbell-reverse-fly-on-incline-bench.html) | 3 | 10-12 |
| 3. [Cable Upright Rows](https://www.muscleandstrength.com/exercises/cable-upright-row.html) | 3 | 10-12 |
| 4. [Lateral Raises](https://www.muscleandstrength.com/exercises/dumbbell-lateral-raise.html) | 3 | 12-15 |
| 5. [Dumbbell Shrugs](https://www.muscleandstrength.com/exercises/dumbbell-shrugs.html) | 3 | 10-12 |
| 6. [Leg Raises](https://www.muscleandstrength.com/exercises/hanging-leg-raise.html) | 4 | 10-12 |
| 7. [Sit Ups](https://www.muscleandstrength.com/exercises/sit-up.html) | 3 | 12-15 |
| 8. [Planks](https://www.muscleandstrength.com/exercises/hover.html) | 2 | 60 Secs |

**Recommended Standard Split – M-T-W-F**

Monday: Workout 1  
Tuesday: Workout 2  
Wednesday: Off  
Thursday: Workout 3  
Friday: Workout 4  
Saturday: Off  
Sunday: Off

**Every-other-day Split**

Monday: Workout 1  
Tuesday: Off  
Wednesday: Workout 2  
Thursday: Off  
Friday: Workout 3  
Saturday: Off  
Sunday: Workout 4  
(Continue with Workout 1 on Tuesday, off Wednesday, Workout 2 on Thursday, etc.)

**2-on/1-off Split**

Monday: Workout 1  
Tuesday: Workout 2  
Wednesday: Off  
Thursday: Workout 3  
Friday: Workout 4  
Saturday: Off  
Sunday: Workout 1  
Monday: Workout 2