



# INTERMEDIATE

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## RESISTANCE BAND TRAINING PLAN



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## **DISCLAIMER**

We have consulted with personal trainers and exercise specialists while creating the Sleekgeek Training Guide to ensure that it is safe, effective, and world-class. However, the authors and publishers of this work are neither doctors nor personal trainers themselves.

The information presented here is not intended to replace the advice, diagnosis, or recommendations of professional medical or exercise advice. All content is for general informational purposes only.

If you have any pre-existing medical conditions or injuries and have at any stage been advised not to exercise, please consult your physician or a qualified fitness professional prior to starting any exercise programme. Always consult a doctor before embarking on an exercise programme if for any reason at all you suspect that you are not able to take part.

## INTRODUCTION

Please refer to the “Sleekgeek Training Guide Overview” document for advice on how to customise this workout and for a list of exercise progressions with video demonstrations.

The Intermediate Training Plan is **designed for someone who has been strength training consistently and intelligently for the last 6 months** or more.

You should have a base level of strength, good form, and reasonable confidence using various pieces of gym equipment.

- **[BLOCK 1] Weeks 1 – 4:** Starts off with 3 x Full Body workouts per week using beginner and intermediate exercise variations. If you are a true intermediate, then might will find this a little bit easy, but also a good refresher.
- **[BLOCK 2] Weeks 5 – 8:** Progresses to 2 x Upper Body workouts and 2 x Lower Body per week using gradually more advanced exercise variations.
- **[BLOCK 3] Weeks 9 – 12:** Continues with 2 x Upper Body workouts and 2 x Lower Body workouts per week using even more advanced exercise variations and includes some more advanced accessory exercises.
- **[BLOCK 4] Weeks 13 – 16:** Continues with 2 x Upper Body workouts and 2 x Lower Body workouts per week but this time using predominantly more advanced exercise variations, some intermediate variations, and additional advanced accessory exercises.



Examples shown above of the **Squat** (Band Squat), **Horizontal Push** (Band Push-Up), **Hip-Hinge** (Band Romanian Deadlift With a Thicker Band), and **Horizontal Pull** (Band Two-Arm Row) intermediate level movements.

## HOW TO DO THE WORKOUTS

Please see the “How to Do the Workouts” section on pg. 68 of the “Sleekgeek Training Guide Overview” document for 3 different ways that you can perform these workouts and an explanation of reps, sets, and rest times.

## WARM-UP AND COOL-DOWN RECOMMENDATIONS

Doing a warm-up before your workout and a cool-down afterwards are often the hardest part about working out. They're the least exciting components of a workout and often seen as a "chore".

However, a warm-up will help you perform better during your workout and a cool-down will help you recover faster afterward – both of which lead to better results.

### WARMING UP:

The goal of a proper warm-up is to help prepare both your body and mind for exercise, while decreasing the change of injury during training.

This is especially important if you've spent several hours being sedentary and immobile before your workout.

So keep this section short, we're going to refer out to Girls Gone Strong and their excellent article: [What Are The Components of a Great Warm-Up?](#)

In there, they walk you through the 5 components of an ideal warm-up:

1. **Self-Myofascial Release** (optional)
2. **Diaphragmatic Breathing and Core-Pelvic Floor Connection Breathing** (highly recommended)
3. **Cardiovascular Warm-Up** (optional)
4. **Dynamic Warm-Up and Movement Preparation** (highly recommended)
5. **Warm-Up Sets** (optional)

If you'd like to just jump straight into doing some Dynamic Warm-Ups, which will provide most of the warm-up benefit, then watch this [Dynamic Warm-Up Video](#).

### COOLING DOWN:

The goal of a proper cool-down (also known as post-training recovery) after your workout is to help your body boost recovery and transition away from its "fight-or-flight" state to a more relaxed "rest-and-digest" state.

There are several things that you can do immediately post-workout:

1. **Self-Myofascial Release** (see warm-up above)
2. **Mobility or Flexibility Exercises** ([some examples here](#))
3. **Diaphragmatic Breathing and Core-Pelvic Floor Connection Breathing** (see warm-up above)
4. **Low-Intensity Cardiovascular Exercise** (walking, light cycling, etc)

# INTERMEDIATE WORKOUTS

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## Block 1, Weeks 1-4

4 Weeks of 3 workouts per week.

**BLOCK 1 | WEEK 1**

<b>FULL BODY 1</b>					
<b>MOVEMENT</b>	<b>LEVEL</b>	<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>REST</b>
Horizontal Pull	2	<a href="#">Band Two-Arm Row (13mm)</a>	2	8-10	30-60 sec
Squat	2	<a href="#">Bodyweight Squat</a>	2	8-10	30-60 sec
Horizontal Push	2	<a href="#">Bodyweight Push-Up</a>	2	8-10	30-60 sec
Single-Leg	2	<a href="#">Bodyweight Reverse Lunge*</a>	2	10-12	30-60 sec
Vertical Push	2	<a href="#">Band One-Arm Overhead Press (13mm)*</a>	2	10-12	30-60 sec
Core Anti-Extension	2	<a href="#">Bodyweight Plank**</a>	2	8-10	30-60 sec
Core Anti-Rotation	2	<a href="#">Band Pallof Press ISO (13mm)* **</a>	2	8-10	30-60 sec

\* Perform prescribed reps for each side.

\*\* Hold each rep for 5 secs, relax briefly, and then perform the next rep.

**ACTIVE RECOVERY (OPTIONAL)**

**Get your body moving for 15-20 minutes on a rest day in between workouts.**

Active recovery involves performing low-intensity exercise to keep blood flowing, deliver nutrients to your muscles, reduce soreness, burn additional calories, and help maintain your habit of being physically active.

E.g. Walking, cycling, swimming, hiking, dancing, yoga, mobility work, self-myofascial release, etc.

Active recovery should be relatively easy. You should feel better afterwards, not worse.

<b>FULL BODY 2</b>					
<b>MOVEMENT</b>	<b>LEVEL</b>	<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>REST</b>
Glute	2	<a href="#">Bodyweight Shoulder-Elevated Hip Thrust</a>	2	12-14	30-60 sec
Vertical Pull	2	<a href="#">Band Two-Arm Pull-Down (13mm)</a>	2	10-12	30-60 sec
Squat	2	<a href="#">Bodyweight Squat</a>	2	8-10	30-60 sec
Horizontal Push	2	<a href="#">Bodyweight Push-Up</a>	2	8-10	30-60 sec
Hip	2	<a href="#">Band Deadlift (13mm)</a>	2	8-10	30-60 sec
Core Anti-Lateral Flexion	2	<a href="#">Bodyweight Side Plank* **</a>	2	8-10	30-60 sec

\* Perform prescribed reps for each side.

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## FULL BODY 3

MOVEMENT	LEVEL	EXERCISE	SETS	REPS	REST
Glute	2	<a href="#">Bodyweight Shoulder-Elevated Hip Thrust</a>	2	12-14	30-60 sec
Vertical Pull	2	<a href="#">Band Two-Arm Pull-Down (13mm)</a>	2	10-12	30-60 sec
Hip-Hinge	2	<a href="#">Band Deadlift (13mm)</a>	2	8-10	30-60 sec
Vertical Push	2	<a href="#">Band One-Arm Overhead Press (13mm)*</a>	2	10-12	30-60 sec
Single-Leg	2	<a href="#">Bodyweight Reverse Lunge*</a>	2	10-12	30-60 sec
Horizontal Pull	2	<a href="#">Band Two-Arm Row (13mm)</a>	2	8-10	30-60 sec
Core Hip Flexion	2	<a href="#">Bodyweight Slow Mountain Climber*</a>	2	12-14	30-60 sec

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**BLOCK 1 | WEEK 2**

<b>FULL BODY 1</b>					
<b>MOVEMENT</b>	<b>LEVEL</b>	<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>REST</b>
Horizontal Pull	2	<a href="#">Band Two-Arm Row (13mm)</a>	3	8-10	30-60 sec
Squat	2	<a href="#">Bodyweight Squat</a>	3	8-10	30-60 sec
Horizontal Push	2	<a href="#">Bodyweight Push-Up</a>	3	8-10	30-60 sec
Single-Leg	2	<a href="#">Bodyweight Reverse Lunge*</a>	3	10-12	30-60 sec
Vertical Push	2	<a href="#">Band One-Arm Overhead Press (13mm)*</a>	3	10-12	30-60 sec
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Core Anti-Rotation	2	<a href="#">Band Pallof Press ISO (13mm)* **</a>	2	8-10	30-60 sec

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<b>FULL BODY 2</b>					
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Vertical Pull	2	<a href="#">Band Two-Arm Pull-Down (13mm)</a>	3	10-12	30-60 sec
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Core Anti-Lateral Flexion	2	<a href="#">Bodyweight Side Plank* **</a>	2	8-10	30-60 sec

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Horizontal Pull	2	<a href="#">Band Two-Arm Row (13mm)</a>	3	8-10	30-60 sec
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**BLOCK 1 | WEEK 3**

<b>FULL BODY 1</b>					
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Vertical Pull	2	<a href="#">Band Two-Arm Pull-Down (13mm)</a>	4	10-12	30-60 sec
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Horizontal Push	2	<a href="#">Bodyweight Push-Up</a>	4	8-10	30-60 sec
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Hip-Hinge	2	<a href="#">Band Deadlift (13mm)</a>	4	8-10	30-60 sec
Vertical Push	2	<a href="#">Band One-Arm Overhead Press (13mm)*</a>	4	10-12	30-60 sec
Single-Leg	2	<a href="#">Bodyweight Reverse Lunge*</a>	3	10-12	30-60 sec
Horizontal Pull	2	<a href="#">Band Two-Arm Row (13mm)</a>	3	8-10	30-60 sec
Core Hip Flexion	2	<a href="#">Bodyweight Slow Mountain Climber*</a>	2	12-14	30-60 sec

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**BLOCK 1 | WEEK 4**

<b>FULL BODY 1</b>					
<b>MOVEMENT</b>	<b>LEVEL</b>	<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>REST</b>
Horizontal Pull	2	<a href="#">Band Two-Arm Row (13mm)</a>	4	8-10	30-60 sec
Squat	2	<a href="#">Bodyweight Squat</a>	4	8-10	30-60 sec
Horizontal Push	2	<a href="#">Bodyweight Push-Up</a>	4	8-10	30-60 sec
Single-Leg	2	<a href="#">Bodyweight Reverse Lunge*</a>	4	10-12	30-60 sec
Vertical Push	2	<a href="#">Band One-Arm Overhead Press (13mm)*</a>	4	10-12	30-60 sec
Core Anti-Extension	2	<a href="#">Bodyweight Plank**</a>	2	8-10	30-60 sec
Core Anti-Rotation	2	<a href="#">Band Pallof Press ISO (13mm)* **</a>	2	8-10	30-60 sec

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E.g. Walking, cycling, swimming, hiking, dancing, yoga, mobility work, self-myofascial release, etc.

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<b>FULL BODY 2</b>					
<b>MOVEMENT</b>	<b>LEVEL</b>	<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>REST</b>
Glute	2	<a href="#">Bodyweight Shoulder-Elevated Hip Thrust</a>	4	12-14	30-60 sec
Vertical Pull	2	<a href="#">Band Two-Arm Pull-Down (13mm)</a>	4	10-12	30-60 sec
Squat	2	<a href="#">Bodyweight Squat</a>	4	8-10	30-60 sec
Horizontal Push	2	<a href="#">Bodyweight Push-Up</a>	4	8-10	30-60 sec
Hip	2	<a href="#">Band Deadlift (13mm)</a>	4	8-10	30-60 sec
Core Anti-Lateral Flexion	2	<a href="#">Bodyweight Side Plank* **</a>	2	8-10	30-60 sec

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Hip-Hinge	2	<a href="#">Band Deadlift (13mm)</a>	4	8-10	30-60 sec
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Single-Leg	2	<a href="#">Bodyweight Reverse Lunge*</a>	4	10-12	30-60 sec
Horizontal Pull	2	<a href="#">Band Two-Arm Row (13mm)</a>	4	8-10	30-60 sec
Core Hip Flexion	2	<a href="#">Bodyweight Slow Mountain Climber*</a>	2	12-14	30-60 sec

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# INTERMEDIATE WORKOUTS

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## Block 2, Weeks 5-8

8 Weeks of 4 workouts per week.

**BLOCK 2 | WEEK 5**

<b>UPPER BODY 1</b>					
<b>MOVEMENT</b>	<b>LEVEL</b>	<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>REST</b>
Horizontal Push	3	<a href="#">Band Push-Up (13mm)</a>	2	8-10	30-60 sec
Horizontal Pull	2	<a href="#">Band Two-Arm Row (13mm)</a>	2	8-10	30-60 sec
Vertical Push	2	<a href="#">Band One-Arm Overhead Press (13mm)*</a>	2	10-12	30-60 sec
Vertical Pull	2	<a href="#">Band Two-Arm Pull-Down (13mm)</a>	2	10-12	30-60 sec
Core	2	<a href="#">Band Pallof Press ISO (13mm)* **</a>	2	8-10	30-60 sec

\* Perform prescribed reps for each side.

\*\* Hold each rep for 5 secs, relax briefly, and then perform the next rep.

**ACTIVE RECOVERY (OPTIONAL)****Get your body moving for 15-20 minutes on a rest day in between workouts.**

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E.g. Walking, cycling, swimming, hiking, dancing, yoga, mobility work, self-myofascial release, etc.

Active recovery should be relatively easy. You should feel better afterwards, not worse.

<b>LOWER BODY 1</b>					
<b>MOVEMENT</b>	<b>LEVEL</b>	<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>REST</b>
Glute	2	<a href="#">Bodyweight Shoulder-Elevated Hip Thrust</a>	2	12-14	30-60 sec
Squat	3	<a href="#">Band Squat (13mm)</a>	2	8-10	30-60 sec
Hip	2	<a href="#">Band Deadlift (13mm)</a>	2	8-10	30-60 sec
Single-Leg	2	<a href="#">Bodyweight Reverse Lunge*</a>	2	10-12	30-60 sec
Core	2	<a href="#">Bodyweight Side Plank* **</a>	2	8-10	30-60 sec

\* Perform prescribed reps for each side.

\*\* Hold each rep for 5 secs, relax briefly, and then perform the next rep.

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## UPPER BODY 2

MOVEMENT	LEVEL	EXERCISE	SETS	REPS	REST
Horizontal Pull	3	<a href="#">Band One-Arm Row With a Thicker Band (22mm)*</a>	2	8-10	30-60 sec
Horizontal Push	2	<a href="#">Bodyweight Push-Up</a>	2	8-10	30-60 sec
Vertical Pull	2	<a href="#">Band Two-Arm Pull-Down (13mm)</a>	2	10-12	30-60 sec
Vertical Push	2	<a href="#">Band One-Arm Overhead Press (13mm)*</a>	2	10-12	30-60 sec
Core	2	<a href="#">Bodyweight Plank**</a>	2	8-10	30-60 sec

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## LOWER BODY 2

MOVEMENT	LEVEL	EXERCISE	SETS	REPS	REST
Glute	2	<a href="#">Bodyweight Shoulder-Elevated Hip Thrust</a>	2	12-14	30-60 sec
Hip	2	<a href="#">Band Deadlift (13mm)</a>	2	8-10	30-60 sec
Squat	2	<a href="#">Bodyweight Squat</a>	2	8-10	30-60 sec
Single-Leg	3	<a href="#">Band Reverse Lunge (13mm)*</a>	2	10-12	30-60 sec
Core	2	<a href="#">Bodyweight Slow Mountain Climber*</a>	2	12-14	30-60 sec

\* Perform prescribed reps for each side.

\*\* Hold each rep for 5 secs, relax briefly, and then perform the next rep.



**BLOCK 2 | WEEK 6**

<b>UPPER BODY 1</b>					
<b>MOVEMENT</b>	<b>LEVEL</b>	<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>REST</b>
Horizontal Push	3	<a href="#">Band Push-Up (13mm)</a>	3	8-10	30-60 sec
Horizontal Pull	2	<a href="#">Band Two-Arm Row (13mm)</a>	3	8-10	30-60 sec
Vertical Push	2	<a href="#">Band One-Arm Overhead Press (13mm)*</a>	3	10-12	30-60 sec
Vertical Pull	2	<a href="#">Band Two-Arm Pull-Down (13mm)</a>	3	10-12	30-60 sec
Core	2	<a href="#">Band Pallof Press ISO (13mm)* **</a>	2	8-10	30-60 sec

\* Perform prescribed reps for each side.

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<b>MOVEMENT</b>	<b>LEVEL</b>	<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>REST</b>
Glute	2	<a href="#">Bodyweight Shoulder-Elevated Hip Thrust</a>	3	12-14	30-60 sec
Squat	3	<a href="#">Band Squat (13mm)</a>	3	8-10	30-60 sec
Hip	2	<a href="#">Band Deadlift (13mm)</a>	3	8-10	30-60 sec
Single-Leg	2	<a href="#">Bodyweight Reverse Lunge*</a>	3	10-12	30-60 sec
Core	2	<a href="#">Bodyweight Side Plank* **</a>	2	8-10	30-60 sec

\* Perform prescribed reps for each side.

\*\* Hold each rep for 5 secs, relax briefly, and then perform the next rep.

## ACTIVE RECOVERY (OPTIONAL)

**Get your body moving for 15-20 minutes on a rest day in between workouts.**

Active recovery involves performing low-intensity exercise to keep blood flowing, deliver nutrients to your muscles, reduce soreness, burn additional calories, and help maintain your habit of being physically active.

E.g. Walking, cycling, swimming, hiking, dancing, yoga, mobility work, self-myofascial release, etc.

Active recovery should be relatively easy. You should feel better afterwards, not worse.

## UPPER BODY 2

MOVEMENT	LEVEL	EXERCISE	SETS	REPS	REST
Horizontal Pull	3	<a href="#">Band One-Arm Row With a Thicker Band (22mm)*</a>	3	8-10	30-60 sec
Horizontal Push	2	<a href="#">Bodyweight Push-Up</a>	3	8-10	30-60 sec
Vertical Pull	2	<a href="#">Band Two-Arm Pull-Down (13mm)</a>	3	10-12	30-60 sec
Vertical Push	2	<a href="#">Band One-Arm Overhead Press (13mm)*</a>	3	10-12	30-60 sec
Core	2	<a href="#">Bodyweight Plank**</a>	2	8-10	30-60 sec

\* Perform prescribed reps for each side.

\*\* Hold each rep for 5 secs, relax briefly, and then perform the next rep.

## ACTIVE RECOVERY (OPTIONAL)

**Get your body moving for 15-20 minutes on a rest day in between workouts.**

Active recovery involves performing low-intensity exercise to keep blood flowing, deliver nutrients to your muscles, reduce soreness, burn additional calories, and help maintain your habit of being physically active.

E.g. Walking, cycling, swimming, hiking, dancing, yoga, mobility work, self-myofascial release, etc.

Active recovery should be relatively easy. You should feel better afterwards, not worse.

## LOWER BODY 2

MOVEMENT	LEVEL	EXERCISE	SETS	REPS	REST
Glute	2	<a href="#">Bodyweight Shoulder-Elevated Hip Thrust</a>	3	12-14	30-60 sec
Hip	2	<a href="#">Band Deadlift (13mm)</a>	3	8-10	30-60 sec
Squat	2	<a href="#">Bodyweight Squat</a>	3	8-10	30-60 sec
Single-Leg	3	<a href="#">Band Reverse Lunge (13mm)*</a>	3	10-12	30-60 sec
Core	2	<a href="#">Bodyweight Slow Mountain Climber*</a>	2	12-14	30-60 sec

\* Perform prescribed reps for each side.

\*\* Hold each rep for 5 secs, relax briefly, and then perform the next rep.

**BLOCK 2 | WEEK 7**

<b>UPPER BODY 1</b>					
<b>MOVEMENT</b>	<b>LEVEL</b>	<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>REST</b>
Horizontal Push	3	<a href="#">Band Push-Up (13mm)</a>	4	8-10	30-60 sec
Horizontal Pull	2	<a href="#">Band Two-Arm Row (13mm)</a>	4	8-10	30-60 sec
Vertical Push	2	<a href="#">Band One-Arm Overhead Press (13mm)*</a>	3	10-12	30-60 sec
Vertical Pull	2	<a href="#">Band Two-Arm Pull-Down (13mm)</a>	3	10-12	30-60 sec
Core	2	<a href="#">Band Pallof Press ISO (13mm)* **</a>	2	8-10	30-60 sec

\* Perform prescribed reps for each side.

\*\* Hold each rep for 5 secs, relax briefly, and then perform the next rep.

**ACTIVE RECOVERY (OPTIONAL)****Get your body moving for 15-20 minutes on a rest day in between workouts.**

Active recovery involves performing low-intensity exercise to keep blood flowing, deliver nutrients to your muscles, reduce soreness, burn additional calories, and help maintain your habit of being physically active.

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<b>LOWER BODY 1</b>					
<b>MOVEMENT</b>	<b>LEVEL</b>	<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>REST</b>
Glute	2	<a href="#">Bodyweight Shoulder-Elevated Hip Thrust</a>	4	12-14	30-60 sec
Squat	3	<a href="#">Band Squat (13mm)</a>	4	8-10	30-60 sec
Hip	2	<a href="#">Band Deadlift (13mm)</a>	3	8-10	30-60 sec
Single-Leg	2	<a href="#">Bodyweight Reverse Lunge*</a>	3	10-12	30-60 sec
Core	2	<a href="#">Bodyweight Side Plank* **</a>	2	8-10	30-60 sec

\* Perform prescribed reps for each side.

\*\* Hold each rep for 5 secs, relax briefly, and then perform the next rep.

## ACTIVE RECOVERY (OPTIONAL)

**Get your body moving for 15-20 minutes on a rest day in between workouts.**

Active recovery involves performing low-intensity exercise to keep blood flowing, deliver nutrients to your muscles, reduce soreness, burn additional calories, and help maintain your habit of being physically active.

E.g. Walking, cycling, swimming, hiking, dancing, yoga, mobility work, self-myofascial release, etc.

Active recovery should be relatively easy. You should feel better afterwards, not worse.

## UPPER BODY 2

MOVEMENT	LEVEL	EXERCISE	SETS	REPS	REST
Horizontal Pull	3	<a href="#">Band One-Arm Row With a Thicker Band (22mm)</a> *	3	8-10	30-60 sec
Horizontal Push	2	<a href="#">Bodyweight Push-Up</a>	3	8-10	30-60 sec
Vertical Pull	2	<a href="#">Band Two-Arm Pull-Down (13mm)</a>	4	10-12	30-60 sec
Vertical Push	2	<a href="#">Band One-Arm Overhead Press (13mm)</a> *	4	10-12	30-60 sec
Core	2	<a href="#">Bodyweight Plank</a> **	2	8-10	30-60 sec

\* Perform prescribed reps for each side.

\*\* Hold each rep for 5 secs, relax briefly, and then perform the next rep.

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E.g. Walking, cycling, swimming, hiking, dancing, yoga, mobility work, self-myofascial release, etc.

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## LOWER BODY 2

MOVEMENT	LEVEL	EXERCISE	SETS	REPS	REST
Glute	2	<a href="#">Bodyweight Shoulder-Elevated Hip Thrust</a>	3	12-14	30-60 sec
Hip	2	<a href="#">Band Deadlift (13mm)</a>	4	8-10	30-60 sec
Squat	2	<a href="#">Bodyweight Squat</a>	3	8-10	30-60 sec
Single-Leg	3	<a href="#">Band Reverse Lunge (13mm)</a> *	4	10-12	30-60 sec
Core	2	<a href="#">Bodyweight Slow Mountain Climber</a> *	2	12-14	30-60 sec

\* Perform prescribed reps for each side.

\*\* Hold each rep for 5 secs, relax briefly, and then perform the next rep.

**BLOCK 2 | WEEK 8**

<b>UPPER BODY 1</b>					
<b>MOVEMENT</b>	<b>LEVEL</b>	<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>REST</b>
Horizontal Push	3	<a href="#">Band Push-Up (13mm)</a>	4	8-10	30-60 sec
Horizontal Pull	2	<a href="#">Band Two-Arm Row (13mm)</a>	4	8-10	30-60 sec
Vertical Push	2	<a href="#">Band One-Arm Overhead Press (13mm)*</a>	4	10-12	30-60 sec
Vertical Pull	2	<a href="#">Band Two-Arm Pull-Down (13mm)</a>	4	10-12	30-60 sec
Core	2	<a href="#">Band Pallof Press ISO (13mm)* **</a>	2	8-10	30-60 sec

\* Perform prescribed reps for each side.

\*\* Hold each rep for 5 secs, relax briefly, and then perform the next rep.

**ACTIVE RECOVERY (OPTIONAL)****Get your body moving for 15-20 minutes on a rest day in between workouts.**

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E.g. Walking, cycling, swimming, hiking, dancing, yoga, mobility work, self-myofascial release, etc.

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<b>LOWER BODY 1</b>					
<b>MOVEMENT</b>	<b>LEVEL</b>	<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>REST</b>
Glute	2	<a href="#">Bodyweight Shoulder-Elevated Hip Thrust</a>	4	12-14	30-60 sec
Squat	3	<a href="#">Band Squat (13mm)</a>	4	8-10	30-60 sec
Hip	2	<a href="#">Band Deadlift (13mm)</a>	4	8-10	30-60 sec
Single-Leg	2	<a href="#">Bodyweight Reverse Lunge*</a>	4	10-12	30-60 sec
Core	2	<a href="#">Bodyweight Side Plank* **</a>	2	8-10	30-60 sec

\* Perform prescribed reps for each side.

\*\* Hold each rep for 5 secs, relax briefly, and then perform the next rep.

## ACTIVE RECOVERY (OPTIONAL)

**Get your body moving for 15-20 minutes on a rest day in between workouts.**

Active recovery involves performing low-intensity exercise to keep blood flowing, deliver nutrients to your muscles, reduce soreness, burn additional calories, and help maintain your habit of being physically active.

E.g. Walking, cycling, swimming, hiking, dancing, yoga, mobility work, self-myofascial release, etc.

Active recovery should be relatively easy. You should feel better afterwards, not worse.

## UPPER BODY 2

MOVEMENT	LEVEL	EXERCISE	SETS	REPS	REST
Horizontal Pull	3	<a href="#">Band One-Arm Row With a Thicker Band (22mm)</a> *	4	8-10	30-60 sec
Horizontal Push	2	<a href="#">Bodyweight Push-Up</a>	4	8-10	30-60 sec
Vertical Pull	2	<a href="#">Band Two-Arm Pull-Down (13mm)</a>	4	10-12	30-60 sec
Vertical Push	2	<a href="#">Band One-Arm Overhead Press (13mm)</a> *	4	10-12	30-60 sec
Core	2	<a href="#">Bodyweight Plank</a> **	2	8-10	30-60 sec

\* Perform prescribed reps for each side.

\*\* Hold each rep for 5 secs, relax briefly, and then perform the next rep.

## ACTIVE RECOVERY (OPTIONAL)

**Get your body moving for 15-20 minutes on a rest day in between workouts.**

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## LOWER BODY 2

MOVEMENT	LEVEL	EXERCISE	SETS	REPS	REST
Glute	2	<a href="#">Bodyweight Shoulder-Elevated Hip Thrust</a>	4	12-14	30-60 sec
Hip	2	<a href="#">Band Deadlift (13mm)</a>	4	8-10	30-60 sec
Squat	2	<a href="#">Bodyweight Squat</a>	4	8-10	30-60 sec
Single-Leg	3	<a href="#">Band Reverse Lunge (13mm)</a> *	4	10-12	30-60 sec
Core	2	<a href="#">Bodyweight Slow Mountain Climber</a> *	2	12-14	30-60 sec

\* Perform prescribed reps for each side.

\*\* Hold each rep for 5 secs, relax briefly, and then perform the next rep.

# INTERMEDIATE WORKOUTS

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## Block 3, Weeks 9-12

4 Weeks of 4 workouts per week.

**BLOCK 3 | WEEK 9**

<b>UPPER BODY 1</b>					
<b>MOVEMENT</b>	<b>LEVEL</b>	<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>REST</b>
Horizontal Push	3	<a href="#">Band Push-Up (13mm)</a>	2	8-10	30-60 sec
Horizontal Pull	2	<a href="#">Band Two-Arm Row (13mm)</a>	2	8-10	30-60 sec
Vertical Push	2	<a href="#">Band One-Arm Overhead Press (13mm)*</a>	2	10-12	30-60 sec
Vertical Pull	3	<a href="#">Band One-Arm Pull-Down With a Thicker Band (22mm)*</a>	2	10-12	30-60 sec
Biceps	-	<a href="#">Band Biceps Curl (13mm)</a>	2	12-14	30-60 sec
Core	3	<a href="#">Band Tall-Kneeling Pallof Press (13mm)*</a>	2	8-10	30-60 sec

\* Perform prescribed reps for each side.

\*\* Hold each rep for 5 secs, relax briefly, and then perform the next rep.

**ACTIVE RECOVERY (OPTIONAL)****Get your body moving for 15-20 minutes on a rest day in between workouts.**

Active recovery involves performing low-intensity exercise to keep blood flowing, deliver nutrients to your muscles, reduce soreness, burn additional calories, and help maintain your habit of being physically active.

E.g. Walking, cycling, swimming, hiking, dancing, yoga, mobility work, self-myofascial release, etc.

Active recovery should be relatively easy. You should feel better afterwards, not worse.

<b>LOWER BODY 1</b>					
<b>MOVEMENT</b>	<b>LEVEL</b>	<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>REST</b>
Glute	2	<a href="#">Bodyweight Shoulder-Elevated Hip Thrust</a>	2	12-14	30-60 sec
Squat	3	<a href="#">Band Squat (13mm)</a>	2	8-10	30-60 sec
Hip	3	<a href="#">Band Romanian Deadlift With a Thicker Band (22mm)</a>	2	8-10	30-60 sec
Single-Leg	2	<a href="#">Bodyweight Reverse Lunge*</a>	2	10-12	30-60 sec
Calves	-	<a href="#">Bodyweight Standing Calf Raise</a>	2	12-14	30-60 sec
Core	2	<a href="#">Bodyweight Side Plank* **</a>	2	8-10	30-60 sec

\* Perform prescribed reps for each side.

\*\* Hold each rep for 5 secs, relax briefly, and then perform the next rep.



## ACTIVE RECOVERY (OPTIONAL)

**Get your body moving for 15-20 minutes on a rest day in between workouts.**

Active recovery involves performing low-intensity exercise to keep blood flowing, deliver nutrients to your muscles, reduce soreness, burn additional calories, and help maintain your habit of being physically active.

E.g. Walking, cycling, swimming, hiking, dancing, yoga, mobility work, self-myofascial release, etc.

Active recovery should be relatively easy. You should feel better afterwards, not worse.

## UPPER BODY 2

MOVEMENT	LEVEL	EXERCISE	SETS	REPS	REST
Horizontal Pull	3	<a href="#">Band One-Arm Row With a Thicker Band (22mm)</a> *	2	8-10	30-60 sec
Horizontal Push	2	<a href="#">Bodyweight Push-Up</a>	2	8-10	30-60 sec
Vertical Pull	2	<a href="#">Band Two-Arm Pull-Down (13mm)</a>	2	10-12	30-60 sec
Vertical Push	3	<a href="#">Band Two-Arm Overhead Press With a Thicker Band (22mm)</a>	2	10-12	30-60 sec
Triceps	-	<a href="#">Band One-Arm Overhead Triceps Extension (13mm)</a> *	2	12-14	30-60 sec
Core	3	<a href="#">Bodyweight Plank to Push-Up</a>	2	8-10	30-60 sec

\* Perform prescribed reps for each side.

\*\* Hold each rep for 5 secs, relax briefly, and then perform the next rep.

## ACTIVE RECOVERY (OPTIONAL)

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<b>LOWER BODY 2</b>					
<b>MOVEMENT</b>	<b>LEVEL</b>	<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>REST</b>
Glute	3	<a href="#">Bodyweight Single-Leg Glute Bridge</a> *	2	12-14	30-60 sec
Hip	2	<a href="#">Band Deadlift (13mm)</a>	2	8-10	30-60 sec
Squat	2	<a href="#">Bodyweight Squat</a>	2	8-10	30-60 sec
Single-Leg	3	<a href="#">Band Reverse Lunge (13mm)</a> *	2	10-12	30-60 sec
Calves	-	<a href="#">Bodyweight Single-Leg Standing Calf Raise</a> *	2	12-14	30-60 sec
Core	3	<a href="#">Bodyweight Bear Crawl</a>	2	20-25	30-60 sec

\* Perform prescribed reps for each side.

\*\* Hold each rep for 5 secs, relax briefly, and then perform the next rep.

**BLOCK 3 | WEEK 10**

<b>UPPER BODY 1</b>					
<b>MOVEMENT</b>	<b>LEVEL</b>	<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>REST</b>
Horizontal Push	3	<a href="#">Band Push-Up (13mm)</a>	3	8-10	30-60 sec
Horizontal Pull	2	<a href="#">Band Two-Arm Row (13mm)</a>	3	8-10	30-60 sec
Vertical Push	2	<a href="#">Band One-Arm Overhead Press (13mm)*</a>	3	10-12	30-60 sec
Vertical Pull	3	<a href="#">Band One-Arm Pull-Down With a Thicker Band (22mm)*</a>	3	10-12	30-60 sec
Biceps	-	<a href="#">Band Biceps Curl (13mm)</a>	3	12-14	30-60 sec
Core	3	<a href="#">Band Tall-Kneeling Pallof Press (13mm)*</a>	2	8-10	30-60 sec

\* Perform prescribed reps for each side.

\*\* Hold each rep for 5 secs, relax briefly, and then perform the next rep.

**ACTIVE RECOVERY (OPTIONAL)****Get your body moving for 15-20 minutes on a rest day in between workouts.**

Active recovery involves performing low-intensity exercise to keep blood flowing, deliver nutrients to your muscles, reduce soreness, burn additional calories, and help maintain your habit of being physically active.

E.g. Walking, cycling, swimming, hiking, dancing, yoga, mobility work, self-myofascial release, etc.

Active recovery should be relatively easy. You should feel better afterwards, not worse.

<b>LOWER BODY 1</b>					
<b>MOVEMENT</b>	<b>LEVEL</b>	<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>REST</b>
Glute	2	<a href="#">Bodyweight Shoulder-Elevated Hip Thrust</a>	3	12-14	30-60 sec
Squat	3	<a href="#">Band Squat (13mm)</a>	3	8-10	30-60 sec
Hip	3	<a href="#">Band Romanian Deadlift With a Thicker Band (22mm)</a>	3	8-10	30-60 sec
Single-Leg	2	<a href="#">Bodyweight Reverse Lunge*</a>	3	10-12	30-60 sec
Calves	-	<a href="#">Bodyweight Standing Calf Raise</a>	3	12-14	30-60 sec
Core	2	<a href="#">Bodyweight Side Plank* **</a>	2	8-10	30-60 sec

\* Perform prescribed reps for each side.

\*\* Hold each rep for 5 secs, relax briefly, and then perform the next rep.

## ACTIVE RECOVERY (OPTIONAL)

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## UPPER BODY 2

MOVEMENT	LEVEL	EXERCISE	SETS	REPS	REST
Horizontal Pull	3	<a href="#">Band One-Arm Row With a Thicker Band (22mm)</a> *	3	8-10	30-60 sec
Horizontal Push	2	<a href="#">Bodyweight Push-Up</a>	3	8-10	30-60 sec
Vertical Pull	2	<a href="#">Band Two-Arm Pull-Down (13mm)</a>	3	10-12	30-60 sec
Vertical Push	3	<a href="#">Band Two-Arm Overhead Press With a Thicker Band (22mm)</a>	3	10-12	30-60 sec
Triceps	-	<a href="#">Band One-Arm Overhead Triceps Extension (13mm)</a> *	3	12-14	30-60 sec
Core	3	<a href="#">Bodyweight Plank to Push-Up</a>	2	8-10	30-60 sec

\* Perform prescribed reps for each side.

\*\* Hold each rep for 5 secs, relax briefly, and then perform the next rep.

## ACTIVE RECOVERY (OPTIONAL)

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LOWER BODY 2					
MOVEMENT	LEVEL	EXERCISE	SETS	REPS	REST
Glute	3	<a href="#">Bodyweight Single-Leg Glute Bridge</a> *	3	12-14	30-60 sec
Hip	2	<a href="#">Band Deadlift (13mm)</a>	3	8-10	30-60 sec
Squat	2	<a href="#">Bodyweight Squat</a>	3	8-10	30-60 sec
Single-Leg	3	<a href="#">Band Reverse Lunge (13mm)</a> *	3	10-12	30-60 sec
Calves	-	<a href="#">Bodyweight Single-Leg Standing Calf Raise</a> *	3	12-14	30-60 sec
Core	3	<a href="#">Bodyweight Bear Crawl</a>	2	20-25	30-60 sec

\* Perform prescribed reps for each side.

\*\* Hold each rep for 5 secs, relax briefly, and then perform the next rep.

**BLOCK 3 | WEEK 11**

<b>UPPER BODY 1</b>					
<b>MOVEMENT</b>	<b>LEVEL</b>	<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>REST</b>
Horizontal Push	3	<a href="#">Band Push-Up (13mm)</a>	4	8-10	30-60 sec
Horizontal Pull	2	<a href="#">Band Two-Arm Row (13mm)</a>	4	8-10	30-60 sec
Vertical Push	2	<a href="#">Band One-Arm Overhead Press (13mm)*</a>	3	10-12	30-60 sec
Vertical Pull	3	<a href="#">Band One-Arm Pull-Down With a Thicker Band (22mm)*</a>	3	10-12	30-60 sec
Biceps	-	<a href="#">Band Biceps Curl (13mm)</a>	3	12-14	30-60 sec
Core	3	<a href="#">Band Tall-Kneeling Pallof Press (13mm)*</a>	2	8-10	30-60 sec

\* Perform prescribed reps for each side.

\*\* Hold each rep for 5 secs, relax briefly, and then perform the next rep.

**ACTIVE RECOVERY (OPTIONAL)****Get your body moving for 15-20 minutes on a rest day in between workouts.**

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<b>LOWER BODY 1</b>					
<b>MOVEMENT</b>	<b>LEVEL</b>	<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>REST</b>
Glute	2	<a href="#">Bodyweight Shoulder-Elevated Hip Thrust</a>	4	12-14	30-60 sec
Squat	3	<a href="#">Band Squat (13mm)</a>	4	8-10	30-60 sec
Hip	3	<a href="#">Band Romanian Deadlift With a Thicker Band (22mm)</a>	3	8-10	30-60 sec
Single-Leg	2	<a href="#">Bodyweight Reverse Lunge*</a>	3	10-12	30-60 sec
Calves	-	<a href="#">Bodyweight Standing Calf Raise</a>	3	12-14	30-60 sec
Core	2	<a href="#">Bodyweight Side Plank* **</a>	2	8-10	30-60 sec

\* Perform prescribed reps for each side.

\*\* Hold each rep for 5 secs, relax briefly, and then perform the next rep.

## ACTIVE RECOVERY (OPTIONAL)

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## UPPER BODY 2

MOVEMENT	LEVEL	EXERCISE	SETS	REPS	REST
Horizontal Pull	3	<a href="#">Band One-Arm Row With a Thicker Band (22mm)</a> *	3	8-10	30-60 sec
Horizontal Push	2	<a href="#">Bodyweight Push-Up</a>	3	8-10	30-60 sec
Vertical Pull	2	<a href="#">Band Two-Arm Pull-Down (13mm)</a>	4	10-12	30-60 sec
Vertical Push	3	<a href="#">Band Two-Arm Overhead Press With a Thicker Band (22mm)</a>	4	10-12	30-60 sec
Triceps	-	<a href="#">Band One-Arm Overhead Triceps Extension (13mm)</a> *	3	12-14	30-60 sec
Core	3	<a href="#">Bodyweight Plank to Push-Up</a>	2	8-10	30-60 sec

\* Perform prescribed reps for each side.

\*\* Hold each rep for 5 secs, relax briefly, and then perform the next rep.

## ACTIVE RECOVERY (OPTIONAL)

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E.g. Walking, cycling, swimming, hiking, dancing, yoga, mobility work, self-myofascial release, etc.

Active recovery should be relatively easy. You should feel better afterwards, not worse.

LOWER BODY 2					
MOVEMENT	LEVEL	EXERCISE	SETS	REPS	REST
Glute	3	<a href="#">Bodyweight Single-Leg Glute Bridge</a> *	3	12-14	30-60 sec
Hip	2	<a href="#">Band Deadlift (13mm)</a>	4	8-10	30-60 sec
Squat	2	<a href="#">Bodyweight Squat</a>	3	8-10	30-60 sec
Single-Leg	3	<a href="#">Band Reverse Lunge (13mm)</a> *	4	10-12	30-60 sec
Calves	-	<a href="#">Bodyweight Single-Leg Standing Calf Raise</a> *	3	12-14	30-60 sec
Core	3	<a href="#">Bodyweight Bear Crawl</a>	2	20-25	30-60 sec

\* Perform prescribed reps for each side.

\*\* Hold each rep for 5 secs, relax briefly, and then perform the next rep.



**BLOCK 3 | WEEK 12**

<b>UPPER BODY 1</b>					
<b>MOVEMENT</b>	<b>LEVEL</b>	<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>REST</b>
Horizontal Push	3	<a href="#">Band Push-Up (13mm)</a>	4	8-10	30-60 sec
Horizontal Pull	2	<a href="#">Band Two-Arm Row (13mm)</a>	4	8-10	30-60 sec
Vertical Push	2	<a href="#">Band One-Arm Overhead Press (13mm)*</a>	4	10-12	30-60 sec
Vertical Pull	3	<a href="#">Band One-Arm Pull-Down With a Thicker Band (22mm)*</a>	4	10-12	30-60 sec
Biceps	-	<a href="#">Band Biceps Curl (13mm)</a>	4	12-14	30-60 sec
Core	3	<a href="#">Band Tall-Kneeling Pallof Press (13mm)*</a>	2	8-10	30-60 sec

\* Perform prescribed reps for each side.

\*\* Hold each rep for 5 secs, relax briefly, and then perform the next rep.

**ACTIVE RECOVERY (OPTIONAL)****Get your body moving for 15-20 minutes on a rest day in between workouts.**

Active recovery involves performing low-intensity exercise to keep blood flowing, deliver nutrients to your muscles, reduce soreness, burn additional calories, and help maintain your habit of being physically active.

E.g. Walking, cycling, swimming, hiking, dancing, yoga, mobility work, self-myofascial release, etc.

Active recovery should be relatively easy. You should feel better afterwards, not worse.

<b>LOWER BODY 1</b>					
<b>MOVEMENT</b>	<b>LEVEL</b>	<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>REST</b>
Glute	2	<a href="#">Bodyweight Shoulder-Elevated Hip Thrust</a>	4	12-14	30-60 sec
Squat	3	<a href="#">Band Squat (13mm)</a>	4	8-10	30-60 sec
Hip	3	<a href="#">Band Romanian Deadlift With a Thicker Band (22mm)</a>	4	8-10	30-60 sec
Single-Leg	2	<a href="#">Bodyweight Reverse Lunge*</a>	4	10-12	30-60 sec
Calves	-	<a href="#">Bodyweight Standing Calf Raise</a>	4	12-14	30-60 sec
Core	2	<a href="#">Bodyweight Side Plank* **</a>	2	8-10	30-60 sec

\* Perform prescribed reps for each side.

\*\* Hold each rep for 5 secs, relax briefly, and then perform the next rep.

## ACTIVE RECOVERY (OPTIONAL)

**Get your body moving for 15-20 minutes on a rest day in between workouts.**

Active recovery involves performing low-intensity exercise to keep blood flowing, deliver nutrients to your muscles, reduce soreness, burn additional calories, and help maintain your habit of being physically active.

E.g. Walking, cycling, swimming, hiking, dancing, yoga, mobility work, self-myofascial release, etc.

Active recovery should be relatively easy. You should feel better afterwards, not worse.

## UPPER BODY 2

MOVEMENT	LEVEL	EXERCISE	SETS	REPS	REST
Horizontal Pull	3	<a href="#">Band One-Arm Row With a Thicker Band (22mm)</a> *	4	8-10	30-60 sec
Horizontal Push	2	<a href="#">Bodyweight Push-Up</a>	4	8-10	30-60 sec
Vertical Pull	2	<a href="#">Band Two-Arm Pull-Down (13mm)</a>	4	10-12	30-60 sec
Vertical Push	3	<a href="#">Band Two-Arm Overhead Press With a Thicker Band (22mm)</a>	4	10-12	30-60 sec
Triceps	-	<a href="#">Band One-Arm Overhead Triceps Extension (13mm)</a> *	4	12-14	30-60 sec
Core	3	<a href="#">Bodyweight Plank to Push-Up</a>	2	8-10	30-60 sec

\* Perform prescribed reps for each side.

\*\* Hold each rep for 5 secs, relax briefly, and then perform the next rep.

## ACTIVE RECOVERY (OPTIONAL)

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E.g. Walking, cycling, swimming, hiking, dancing, yoga, mobility work, self-myofascial release, etc.

Active recovery should be relatively easy. You should feel better afterwards, not worse.

LOWER BODY 2					
MOVEMENT	LEVEL	EXERCISE	SETS	REPS	REST
Glute	3	<a href="#">Bodyweight Single-Leg Glute Bridge</a> *	4	12-14	30-60 sec
Hip	2	<a href="#">Band Deadlift (13mm)</a>	4	8-10	30-60 sec
Squat	2	<a href="#">Bodyweight Squat</a>	4	8-10	30-60 sec
Single-Leg	3	<a href="#">Band Reverse Lunge (13mm)</a> *	4	10-12	30-60 sec
Calves	-	<a href="#">Bodyweight Single-Leg Standing Calf Raise</a> *	4	12-14	30-60 sec
Core	3	<a href="#">Bodyweight Bear Crawl</a>	2	20-25	30-60 sec

\* Perform prescribed reps for each side.

\*\* Hold each rep for 5 secs, relax briefly, and then perform the next rep.

# INTERMEDIATE WORKOUTS

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## Block 4, Weeks 13-16

4 Weeks of 4 workouts per week.

**BLOCK 4 | WEEK 13**

<b>UPPER BODY 1</b>					
<b>MOVEMENT</b>	<b>LEVEL</b>	<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>REST</b>
Horizontal Push	3	<a href="#">Band Push-Up (13mm)</a>	2	8-10	30-60 sec
Horizontal Pull	4	<a href="#">Band Two-Arm Row With a Thicker Band (22mm)</a>	2	8-10	30-60 sec
Vertical Push	4	<a href="#">Band One-Arm Overhead Press With a Thicker Band (22mm)*</a>	2	10-12	30-60 sec
Vertical Pull	3	<a href="#">Band One-Arm Pull-Down With a Thicker Band (22mm)*</a>	2	10-12	30-60 sec
Biceps	-	<a href="#">Band Biceps Curl (13mm)</a>	2	12-14	30-60 sec
Shoulders	-	<a href="#">Band One-Arm Side Lateral Raise (13mm)*</a>	2	10-12	30-60 sec
Core	3	<a href="#">Band Tall-Kneeling Pallof Press (13mm)*</a>	2	8-10	30-60 sec

\* Perform prescribed reps for each side.

\*\* Hold each rep for 5 secs, relax briefly, and then perform the next rep.

**ACTIVE RECOVERY (OPTIONAL)****Get your body moving for 15-20 minutes on a rest day in between workouts.**

Active recovery involves performing low-intensity exercise to keep blood flowing, deliver nutrients to your muscles, reduce soreness, burn additional calories, and help maintain your habit of being physically active.

E.g. Walking, cycling, swimming, hiking, dancing, yoga, mobility work, self-myofascial release, etc.

Active recovery should be relatively easy. You should feel better afterwards, not worse.

<b>LOWER BODY 1</b>					
<b>MOVEMENT</b>	<b>LEVEL</b>	<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>REST</b>
Glute	4	<a href="#">Band Glute Bridge (13mm)</a>	2	12-14	30-60 sec
Squat	3	<a href="#">Band Squat (13mm)</a>	2	8-10	30-60 sec
Hip	3	<a href="#">Band Romanian Deadlift With a Thicker Band (22mm)</a>	2	8-10	30-60 sec
Single-Leg	4	<a href="#">Band Reverse Lunge With a Thicker Band (22mm)*</a>	2	10-12	30-60 sec
Calves	-	<a href="#">Bodyweight Standing Calf Raise</a>	2	12-14	30-60 sec
Core	3	<a href="#">Bodyweight Side Plank* **</a>	2	8-10	30-60 sec

\* Perform prescribed reps for each side.

\*\* Hold each rep for 5 secs, relax briefly, and then perform the next rep.

## ACTIVE RECOVERY (OPTIONAL)

**Get your body moving for 15-20 minutes on a rest day in between workouts.**

Active recovery involves performing low-intensity exercise to keep blood flowing, deliver nutrients to your muscles, reduce soreness, burn additional calories, and help maintain your habit of being physically active.

E.g. Walking, cycling, swimming, hiking, dancing, yoga, mobility work, self-myofascial release, etc.

Active recovery should be relatively easy. You should feel better afterwards, not worse.

## UPPER BODY 2

MOVEMENT	LEVEL	EXERCISE	SETS	REPS	REST
Horizontal Pull	3	<a href="#">Band One-Arm Row With a Thicker Band (22mm)*</a>	2	8-10	30-60 sec
Horizontal Push	4	<a href="#">Band Push-Up With Slow Eccentric (13mm)</a>	2	8-10	30-60 sec
Vertical Pull	4	<a href="#">Band Two-Arm Pull-Down With a Thicker Band (22mm)</a>	2	10-12	30-60 sec
Vertical Push	3	<a href="#">Band Two-Arm Overhead Press With a Thicker Band (22mm)</a>	2	10-12	30-60 sec
Triceps	-	<a href="#">Band One-Arm Overhead Triceps Extension (13mm)*</a>	2	12-14	30-60 sec
Shoulders	-	<a href="#">Band Face-Pull (13mm)</a>	2	10-12	30-60 sec
Core	3	<a href="#">Bodyweight Plank to Push-Up</a>	2	8-10	30-60 sec

\* Perform prescribed reps for each side.

\*\* Hold each rep for 5 secs, relax briefly, and then perform the next rep.

## ACTIVE RECOVERY (OPTIONAL)

**Get your body moving for 15-20 minutes on a rest day in between workouts.**

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Active recovery should be relatively easy. You should feel better afterwards, not worse.

LOWER BODY 2					
MOVEMENT	LEVEL	EXERCISE	SETS	REPS	REST
Glute	3	<a href="#">Bodyweight Single-Leg Glute Bridge*</a>	2	12-14	30-60 sec
Hip	4	<a href="#">Band Deadlift With a Thicker Band (22mm)</a>	2	8-10	30-60 sec
Squat	4	<a href="#">Band Squat With a Thicker Band (22mm)</a>	2	8-10	30-60 sec
Single-Leg	3	<a href="#">Band Reverse Lunge (13mm)*</a>	2	10-12	30-60 sec
Calves	-	<a href="#">Bodyweight Single-Leg Standing Calf Raise*</a>	2	12-14	30-60 sec
Core	3	<a href="#">Bodyweight Bear Crawl</a>	2	20-25	30-60 sec

\* Perform prescribed reps for each side.

\*\* Hold each rep for 5 secs, relax briefly, and then perform the next rep.

**BLOCK 4 | WEEK 14**

<b>UPPER BODY 1</b>					
<b>MOVEMENT</b>	<b>LEVEL</b>	<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>REST</b>
Horizontal Push	3	<a href="#">Band Push-Up (13mm)</a>	3	8-10	30-60 sec
Horizontal Pull	4	<a href="#">Band Two-Arm Row With a Thicker Band (22mm)</a>	3	8-10	30-60 sec
Vertical Push	4	<a href="#">Band One-Arm Overhead Press With a Thicker Band (22mm)*</a>	3	10-12	30-60 sec
Vertical Pull	3	<a href="#">Band One-Arm Pull-Down With a Thicker Band (22mm)*</a>	3	10-12	30-60 sec
Biceps	-	<a href="#">Band Biceps Curl (13mm)</a>	3	12-14	30-60 sec
Shoulders	-	<a href="#">Band One-Arm Side Lateral Raise (13mm)*</a>	3	10-12	30-60 sec
Core	3	<a href="#">Band Tall-Kneeling Pallof Press (13mm)*</a>	2	8-10	30-60 sec

\* Perform prescribed reps for each side.

\*\* Hold each rep for 5 secs, relax briefly, and then perform the next rep.

**ACTIVE RECOVERY (OPTIONAL)****Get your body moving for 15-20 minutes on a rest day in between workouts.**

Active recovery involves performing low-intensity exercise to keep blood flowing, deliver nutrients to your muscles, reduce soreness, burn additional calories, and help maintain your habit of being physically active.

E.g. Walking, cycling, swimming, hiking, dancing, yoga, mobility work, self-myofascial release, etc.

Active recovery should be relatively easy. You should feel better afterwards, not worse.

<b>LOWER BODY 1</b>					
<b>MOVEMENT</b>	<b>LEVEL</b>	<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>REST</b>
Glute	4	<a href="#">Band Glute Bridge (13mm)</a>	3	12-14	30-60 sec
Squat	3	<a href="#">Band Squat (13mm)</a>	3	8-10	30-60 sec
Hip	3	<a href="#">Band Romanian Deadlift With a Thicker Band (22mm)</a>	3	8-10	30-60 sec
Single-Leg	4	<a href="#">Band Reverse Lunge With a Thicker Band (22mm)*</a>	3	10-12	30-60 sec
Calves	-	<a href="#">Bodyweight Standing Calf Raise</a>	3	12-14	30-60 sec
Core	3	<a href="#">Bodyweight Side Plank* **</a>	2	8-10	30-60 sec

\* Perform prescribed reps for each side.

\*\* Hold each rep for 5 secs, relax briefly, and then perform the next rep.



## ACTIVE RECOVERY (OPTIONAL)

**Get your body moving for 15-20 minutes on a rest day in between workouts.**

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E.g. Walking, cycling, swimming, hiking, dancing, yoga, mobility work, self-myofascial release, etc.

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## UPPER BODY 2

MOVEMENT	LEVEL	EXERCISE	SETS	REPS	REST
Horizontal Pull	3	<a href="#">Band One-Arm Row With a Thicker Band (22mm)*</a>	3	8-10	30-60 sec
Horizontal Push	4	<a href="#">Band Push-Up With Slow Eccentric (13mm)</a>	3	8-10	30-60 sec
Vertical Pull	4	<a href="#">Band Two-Arm Pull-Down With a Thicker Band (22mm)</a>	3	10-12	30-60 sec
Vertical Push	3	<a href="#">Band Two-Arm Overhead Press With a Thicker Band (22mm)</a>	3	10-12	30-60 sec
Triceps	-	<a href="#">Band One-Arm Overhead Triceps Extension (13mm)*</a>	3	12-14	30-60 sec
Shoulders	-	<a href="#">Band Face-Pull (13mm)</a>	3	10-12	30-60 sec
Core	3	<a href="#">Bodyweight Plank to Push-Up</a>	2	8-10	30-60 sec

\* Perform prescribed reps for each side.

\*\* Hold each rep for 5 secs, relax briefly, and then perform the next rep.

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LOWER BODY 2					
MOVEMENT	LEVEL	EXERCISE	SETS	REPS	REST
Glute	3	<a href="#">Bodyweight Single-Leg Glute Bridge*</a>	3	12-14	30-60 sec
Hip	4	<a href="#">Band Deadlift With a Thicker Band (22mm)</a>	3	8-10	30-60 sec
Squat	4	<a href="#">Band Squat With a Thicker Band (22mm)</a>	3	8-10	30-60 sec
Single-Leg	3	<a href="#">Band Reverse Lunge (13mm)*</a>	3	10-12	30-60 sec
Calves	-	<a href="#">Bodyweight Single-Leg Standing Calf Raise*</a>	3	12-14	30-60 sec
Core	3	<a href="#">Bodyweight Bear Crawl</a>	2	20-25	30-60 sec

\* Perform prescribed reps for each side.

\*\* Hold each rep for 5 secs, relax briefly, and then perform the next rep.

**BLOCK 4 | WEEK 15**

<b>UPPER BODY 1</b>					
<b>MOVEMENT</b>	<b>LEVEL</b>	<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>REST</b>
Horizontal Push	3	<a href="#">Band Push-Up (13mm)</a>	4	8-10	30-60 sec
Horizontal Pull	4	<a href="#">Band Two-Arm Row With a Thicker Band (22mm)</a>	4	8-10	30-60 sec
Vertical Push	4	<a href="#">Band One-Arm Overhead Press With a Thicker Band (22mm)*</a>	3	10-12	30-60 sec
Vertical Pull	3	<a href="#">Band One-Arm Pull-Down With a Thicker Band (22mm)*</a>	3	10-12	30-60 sec
Biceps	-	<a href="#">Band Biceps Curl (13mm)</a>	3	12-14	30-60 sec
Shoulders	-	<a href="#">Band One-Arm Side Lateral Raise (13mm)*</a>	3	10-12	30-60 sec
Core	3	<a href="#">Band Tall-Kneeling Pallof Press (13mm)*</a>	2	8-10	30-60 sec

\* Perform prescribed reps for each side.

\*\* Hold each rep for 5 secs, relax briefly, and then perform the next rep.

**ACTIVE RECOVERY (OPTIONAL)****Get your body moving for 15-20 minutes on a rest day in between workouts.**

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<b>LOWER BODY 1</b>					
<b>MOVEMENT</b>	<b>LEVEL</b>	<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>REST</b>
Glute	4	<a href="#">Band Glute Bridge (13mm)</a>	4	12-14	30-60 sec
Squat	3	<a href="#">Band Squat (13mm)</a>	4	8-10	30-60 sec
Hip	3	<a href="#">Band Romanian Deadlift With a Thicker Band (22mm)</a>	3	8-10	30-60 sec
Single-Leg	4	<a href="#">Band Reverse Lunge With a Thicker Band (22mm)*</a>	3	10-12	30-60 sec
Calves	-	<a href="#">Bodyweight Standing Calf Raise</a>	3	12-14	30-60 sec
Core	3	<a href="#">Bodyweight Side Plank* **</a>	2	8-10	30-60 sec

\* Perform prescribed reps for each side.

\*\* Hold each rep for 5 secs, relax briefly, and then perform the next rep.

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## UPPER BODY 2

MOVEMENT	LEVEL	EXERCISE	SETS	REPS	REST
Horizontal Pull	3	<a href="#">Band One-Arm Row With a Thicker Band (22mm)*</a>	3	8-10	30-60 sec
Horizontal Push	4	<a href="#">Band Push-Up With Slow Eccentric (13mm)</a>	3	8-10	30-60 sec
Vertical Pull	4	<a href="#">Band Two-Arm Pull-Down With a Thicker Band (22mm)</a>	4	10-12	30-60 sec
Vertical Push	3	<a href="#">Band Two-Arm Overhead Press With a Thicker Band (22mm)</a>	4	10-12	30-60 sec
Triceps	-	<a href="#">Band One-Arm Overhead Triceps Extension (13mm)*</a>	3	12-14	30-60 sec
Shoulders	-	<a href="#">Band Face-Pull (13mm)</a>	3	10-12	30-60 sec
Core	3	<a href="#">Bodyweight Plank to Push-Up</a>	2	8-10	30-60 sec

\* Perform prescribed reps for each side.

\*\* Hold each rep for 5 secs, relax briefly, and then perform the next rep.

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<b>LOWER BODY 2</b>					
<b>MOVEMENT</b>	<b>LEVEL</b>	<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>REST</b>
Glute	3	<a href="#">Bodyweight Single-Leg Glute Bridge*</a>	3	12-14	30-60 sec
Hip	4	<a href="#">Band Deadlift With a Thicker Band (22mm)</a>	4	8-10	30-60 sec
Squat	4	<a href="#">Band Squat With a Thicker Band (22mm)</a>	3	8-10	30-60 sec
Single-Leg	3	<a href="#">Band Reverse Lunge (13mm)*</a>	4	10-12	30-60 sec
Calves	-	<a href="#">Bodyweight Single-Leg Standing Calf Raise*</a>	3	12-14	30-60 sec
Core	3	<a href="#">Bodyweight Bear Crawl</a>	2	20-25	30-60 sec

\* Perform prescribed reps for each side.

\*\* Hold each rep for 5 secs, relax briefly, and then perform the next rep.

**BLOCK 4 | WEEK 16**

<b>UPPER BODY 1</b>					
<b>MOVEMENT</b>	<b>LEVEL</b>	<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>REST</b>
Horizontal Push	3	<a href="#">Band Push-Up (13mm)</a>	4	8-10	30-60 sec
Horizontal Pull	4	<a href="#">Band Two-Arm Row With a Thicker Band (22mm)</a>	4	8-10	30-60 sec
Vertical Push	4	<a href="#">Band One-Arm Overhead Press With a Thicker Band (22mm)*</a>	4	10-12	30-60 sec
Vertical Pull	3	<a href="#">Band One-Arm Pull-Down With a Thicker Band (22mm)*</a>	4	10-12	30-60 sec
Biceps	-	<a href="#">Band Biceps Curl (13mm)</a>	4	12-14	30-60 sec
Shoulders	-	<a href="#">Band One-Arm Side Lateral Raise (13mm)*</a>	4	10-12	30-60 sec
Core	3	<a href="#">Band Tall-Kneeling Pallof Press (13mm)*</a>	2	8-10	30-60 sec

\* Perform prescribed reps for each side.

\*\* Hold each rep for 5 secs, relax briefly, and then perform the next rep.

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<b>LOWER BODY 1</b>					
<b>MOVEMENT</b>	<b>LEVEL</b>	<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>REST</b>
Glute	4	<a href="#">Band Glute Bridge (13mm)</a>	4	12-14	30-60 sec
Squat	3	<a href="#">Band Squat (13mm)</a>	4	8-10	30-60 sec
Hip	3	<a href="#">Band Romanian Deadlift With a Thicker Band (22mm)</a>	4	8-10	30-60 sec
Single-Leg	4	<a href="#">Band Reverse Lunge With a Thicker Band (22mm)*</a>	4	10-12	30-60 sec
Calves	-	<a href="#">Bodyweight Standing Calf Raise</a>	4	12-14	30-60 sec
Core	3	<a href="#">Bodyweight Side Plank* **</a>	2	8-10	30-60 sec

\* Perform prescribed reps for each side.

\*\* Hold each rep for 5 secs, relax briefly, and then perform the next rep.

## ACTIVE RECOVERY (OPTIONAL)

**Get your body moving for 15-20 minutes on a rest day in between workouts.**

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E.g. Walking, cycling, swimming, hiking, dancing, yoga, mobility work, self-myofascial release, etc.

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## UPPER BODY 2

MOVEMENT	LEVEL	EXERCISE	SETS	REPS	REST
Horizontal Pull	3	<a href="#">Band One-Arm Row With a Thicker Band (22mm)*</a>	4	8-10	30-60 sec
Horizontal Push	4	<a href="#">Band Push-Up With Slow Eccentric (13mm)</a>	4	8-10	30-60 sec
Vertical Pull	4	<a href="#">Band Two-Arm Pull-Down With a Thicker Band (22mm)</a>	4	10-12	30-60 sec
Vertical Push	3	<a href="#">Band Two-Arm Overhead Press With a Thicker Band (22mm)</a>	4	10-12	30-60 sec
Triceps	-	<a href="#">Band One-Arm Overhead Triceps Extension (13mm)*</a>	4	12-14	30-60 sec
Shoulders	-	<a href="#">Band Face-Pull (13mm)</a>	4	10-12	30-60 sec
Core	3	<a href="#">Bodyweight Plank to Push-Up</a>	2	8-10	30-60 sec

\* Perform prescribed reps for each side.

\*\* Hold each rep for 5 secs, relax briefly, and then perform the next rep.

## ACTIVE RECOVERY (OPTIONAL)

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LOWER BODY 2					
MOVEMENT	LEVEL	EXERCISE	SETS	REPS	REST
Glute	3	<a href="#">Bodyweight Single-Leg Glute Bridge*</a>	4	12-14	30-60 sec
Hip	4	<a href="#">Band Deadlift With a Thicker Band (22mm)</a>	4	8-10	30-60 sec
Squat	4	<a href="#">Band Squat With a Thicker Band (22mm)</a>	4	8-10	30-60 sec
Single-Leg	3	<a href="#">Band Reverse Lunge (13mm)*</a>	4	10-12	30-60 sec
Calves	-	<a href="#">Bodyweight Single-Leg Standing Calf Raise*</a>	4	12-14	30-60 sec
Core	3	<a href="#">Bodyweight Bear Crawl</a>	2	20-25	30-60 sec

\* Perform prescribed reps for each side.

\*\* Hold each rep for 5 secs, relax briefly, and then perform the next rep.



## GET YOUR RESISTANCE BANDS

We recommend using closed loop “powerbands” that look like this:



The bands are normally colour-coded to help you identify different thicknesses and strengths, however not all brands follow the same colour-coding scheme.

A more reliable way to identify which band is which is to look at the thickness:

- [13 mm thick – usually red colour – light resistance band](#)
- [22 mm thick – usually black colour – medium resistance band](#)
- [32 mm thick – usually purple colour – heavy resistance band](#)
- [44mm thick – usually green colour – extremely heavy resistance band](#)

For the Sleekgeek Training Plans, we recommend that you get yourself a [13mm thick resistance band](#) to start with and a [22mm thick resistance band](#) that you can progress to.

Thicker is not always better because lighter bands can always be doubled or stretched out further to provide more tension and resistance.

For this reason, we hardly ever recommend the [32mm thick resistance band](#) and never recommend the 44mm thick resistance band - unless one is actually doing powerlifting in the gym and using the bands to help move very heavyweights.

You can buy resistance bands online from the [Sleekgeek Online Store](#) – our courier usually delivers within 1-3 working days depending on where in South Africa you are.