

4-Week Intermediate Free Weight Split Program

For your Safety:

We are excited that you have decided to download and enjoy this workout.

Please read the entire written description that accompanies the program very carefully before starting and always use common sense and good judgment. Remember to always consult with your physician prior to starting any exercise program. If you have any questions about how to complete this work out safely, please find a Falcon Fitness Center employee.

There is an inherent risk to any exercise program. By downloading and using this workout, you acknowledge and agree that you are doing so voluntarily and agree that you will not hold Messiah College or the Falcon Fitness Center liable for any and all injuries.

Description:

1. This program is designed for those who have prior experience with resistance training.
2. This program is broken up into two days, a squat and pull day and a hip extension and push day. This design allows this program to be completed on back to back days. We suggest a rest day after lifting two days in a row.
3. Questions on form, weight selection, or additional feedback can be directed towards any fitness center staff member.

<u>Day 1 (Squat and Pull)</u>												
Exercises*	Week 1			Week 2			Week 3			Week 4		
	Sets	Reps	Weight	Sets	Reps	Weight	Sets	Reps	Weight	Sets	Reps	Weight
DB Goblet Squat	3	x 12	-	3	x 10	-	3	x 8	-	4	x 10	-
DB Lat Pullover	3	x 12	-	3	x 10	-	3	x 8	-	4	x 10	-
DB Reverse Lunge	3	x 12	-	3	x 10	-	3	x 8	-	4	x 10	-
Single Arm Cable Row	3	x 12	-	3	x 10	-	3	x 8	-	4	x 10	-
DB Hammer Curls	3	x 12	-	3	x 10	-	3	x 8	-	4	x 10	-
Monster Walk	3	x 12	-	3	x 10	-	3	x 8	-	4		-
Slow Bicycles	30 sec			35 sec			40 sec			30 sec		
Bird Dog	30 sec			35 sec			40 sec			30 sec		
<u>Day 2 (Hip Extension and Push)</u>												
Exercises*	Week 1			Week 2			Week 3			Week 4		
	Sets	Reps	Weight	Sets	Reps	Weight	Sets	Reps	Weight	Sets	Reps	Weight
DB RDL	3	x 12	-	3	x 10	-	3	x 8	-	4	x 10	-
DB Bench Press	3	x 12	-	3	x 10	-	3	x 8	-	4	x 10	-
Double Leg Hip Bridge on Bench	3	x 12	-	3	x 10	-	3	x 8	-	4	x 10	-
DB Lateral Raise	3	x 12	-	3	x 10	-	3	x 8	-	4	x 10	-
Cable Internal Rotation	2	x 15	-	2	x 15	-	2	x 15	-	2	x 15	-
Cable External Rotation	2	x 15	-	2	x 15	-	2	x 15	-	2	x 15	-
Tricep Pushdowns	3	x 12	-	3	x 10	-	3	x 8	-	4	x 10	-
Side Plank	30 sec			35 sec			40 sec			30 sec		
MB Side to Side Tap	30 sec			35 sec			40 sec			30 sec		

*Click on the exercises above to load demonstration videos!