

4-Week Intermediate Free Weight Full Body 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 completed one of our beginner programs or have prior experience with resistance training.
2. This program is meant to be performed 3 days a week with a rest day in between each lifting session.
3. Questions on form, weight selection, or additional feedback can be directed towards any fitness center staff member.

4 Week - 3 Days/Week Free Weight Full Body Workout												
Exercises*	Week 1			Week 2			Week 3			Week 4		
	Sets	Reps	Weight	Sets	Reps	Weight	Sets	Reps	Weight	Sets	Reps	Weight
DB Reverse Lunge	3	x 12	-	3	x 10	-	3	x 8	-	4	x 10	-
DB 1 Arm Bent Over Row	3	x 12	-	3	x 10	-	3	x 8	-	4	x 10	-
DB Step Up	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	-
DB Double Arm Overhead Tricep Extension	3	x 12	-	3	x 10	-	3	x 8	-	4	x 10	-
	3	x 12	-	3	x 10	-	3	x 8	-	4	x 10	-
DB Alternating Bicep Curl	3	x 12	-	3	x 10	-	3	x 8	-	4	x 10	-
Plank	30 sec			35 sec			40 sec			30 sec		
Side Lying Double Leg Raise	30 sec			35 sec			40 sec			30 sec		



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*Click on the exercises above to load demonstr: