

4 - Week Intermediate Full Body Free Weight and Machine 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 designed as a full body lift. It is best to take a day off in between each lift.
3. Questions on machine set up, form, weight selection, or additional feedback can be directed towards any fitness center staff member.

<u>4 Week - 2 Days/Week Free Weight Full Body Workout</u>												
Exercises*	Week 1			Week 2			Week 3			Week 4		
	Sets	Reps	Weight	Sets	Reps	Weight	Sets	Reps	Weight	Sets	Reps	Weight
DB Forward Lunge	2	x 10	-	2	x 10	-	3	x 10	-	3	x 10	-
Seated Row	2	x 10	-	2	x 10	-	3	x 10	-	3	x 10	-
DB Bench Press	2	x 10	-	2	x 10	-	3	x 10	-	3	x 10	-
Seated Leg Curls	2	x 10	-	2	x 10	-	3	x 10	-	3	x 10	-
DB Double Arm Overhead Tricep Extension	2	x 10	-	2	x 10	-	3	x 10	-	3	x 10	-
DB Alternating Bicep Curl	2	x 10	-	2	x 10	-	3	x 10	-	3	x 10	-
Plank	30 sec			35 sec			40 sec			30 sec		
Flutter Kick	30 sec			35 sec			40 sec			30 sec		



*Click on the exercises above to load demonstration videos!