

INSPIRE FITNESS INTERMEDIATE PROGRAM							
DAY 1 WEEK 1		WEEK 2		WEEK 3		WEEK 4	
DB BENCH PRESS	4X15	INCLINE DB PRESS	4X15	DB BENCH PRESS	4X15	INCLINE DB PRESS	4X15
CABLE ROWS	4X15	LATERAL PULLDOWN	4X15	CABLE ROWS	4X15	LATERAL PULLDOWN	4X15
DB SHOULDER PRESS	4X15	DB LATERAL RAISE	4X15	DB SHOULDER PRESS	4X15	DB LATERAL RAISE	4X15
DB FRONT RAISE	4X15	ARNOLD PRESS	4X15	DB FRONT RAISE	4X15	ARNOLD PRESS	4X15
CABLE CURLS	4X15	DB CURL	4X15	CABLE CURLS	4X15	DB CURL	4X15
TRICEP ROPE PRESSDOWN	4X15	DB TRICEP KICKBACK	4X15	TRICEP ROPE PRESSDOWN	4X15	DB TRICEP KICKBACK	4X15
CARDIO	20 MIN		30 MIN		35 MIN		40 MIN
DAY 2 WEEK 1		WEEK 2		WEEK 3		WEEK 4	
SMITH MACHINE SQUAT	4X15	STR LEG DEADLIFT	4X15	SMITH MACHINE SQUAT	4X15	STR LEG DEADLIFT	4X15
LYING HAMSTRING CURL	4X15	VERTICAL LEG PRESS	4X15	LYING HAMSTRING CURL	4X15	VERTICAL LEG PRESS	4X15
STANDING CALF RAISE	4X15	ONE LEG CALF RAISE	4X15	STANDING CALF RAISE	4X15	ONE LEG CALF RAISE	4X15
DB LUNGES	4X15	BACKWARDS LUNGES	4X15	DB LUNGES	4X15	BACKWARDS LUNGES	4X15
CABLE HIP EXTENSION	4X15	DB SQUATS	4X15	CABLE HIP EXTENSION	4X15	DB SQUATS	4X15
CABLE HIP ABDUCTION	4X15	SEATED LEG EXTENSION	4X15	CABLE HIP ABDUCTION	4X15	SEATED LEG EXTENSION	4X15
CARDIO	20 MIN		30 MIN		35 MIN		40 MIN
DAY 3 WEEK 1		WEEK 2		WEEK 3		WEEK 4	
CARDIO WARMUP	5-10 MIN	CARDIO WARMUP	5-10 MIN	CARDIO WARMUP	5-10 MIN	CARDIO WARMUP	5-10 MIN
4 ROUNDS 1 MIN ON/30 SEC OFF		AMRAP X30 MIN		4 ROUNDS		RUN .750 MILE	
MOUNTAIN CLIMBERS		400 METER RUN (.250)		400 METER RUN (.250)		20 HEX BAR DEADLIFT	
BURPEES		15 PUSHUP		10 DB SQUAT THRUSTERS		20 DB ROWS	
TIRE FLIPS		15 SUPERMANS		10 LUNGES EACH SIDE		50 BACK EXTENSIONS	
SLED PUSH		20 CRUNCHES		50 JUMP ROPE		RUN .750 MILE	
PLANKS	3X45 SEC	PLANKS	3X45 SEC	PLANKS	3X60 SEC	PLANKS	3X60 SEC
T-RAISE HOLD RIGHT	3X45 SEC	T-RAISE HOLD RIGHT	3X45 SEC	T-RAISE HOLD RIGHT	3X60 SEC	T-RAISE HOLD RIGHT	3X60 SEC
T-RAISE HOLD LEFT	3X45 SEC	T-RAISE HOLD LEFT	3X45 SEC	T-RAISE HOLD LEFT	3X60 SEC	T-RAISE HOLD LEFT	3X60 SEC
DAY 4 WEEK 1		WEEK 2		WEEK 3		WEEK 4	
CARDIO WARMUP	5-10 MIN	CARDIO WARMUP	5-10 MIN	CARDIO WARMUP	5-10 MIN	CARDIO WARMUP	5-10 MIN
COMPLETE 100 REPS OF:		RUN 1 MILE		4 ROUNDS OF:		4 ROUNDS 1 MIN ON/30 OFF	
HURDLE JUMPS		3 ROUNDS 1 MIN ON/30 OFF		600 METER RUN (.375)		BURPEE TO BOX JUMP	
BROAD JUMPS		DB STRAIGHT LEG DEADLIFT		10 PULLUPS WITH BAND		CROSSOVER PUNCHES	
MOUNTAIN CLIMBERS		DB STANDING ROWS		15 DB PUSH PRESS		STANDING MOUNTAIN CLIMBERS	
TWISTING MOUNTAIN CLIMBERS		KNEE UPS (AB MOVEMENT)		20 WALKING LUNGES		PLANK UP/DOWNS	
AB BALL SITUPS		FINISH WITH 100 CALORIES-AIR DYNE		30 OBLIQUE CRUNCHES		FINISH WITH 100 CALORIES-AIR DYNE	
PLANKS	3X45 SEC	PLANKS	3X45 SEC	PLANKS	3X60 SEC	PLANKS	3X60 SEC
T-RAISE HOLD RIGHT	3X45 SEC	T-RAISE HOLD RIGHT	3X45 SEC	T-RAISE HOLD RIGHT	3X60 SEC	T-RAISE HOLD RIGHT	3X60 SEC
T-RAISE HOLD LEFT	3X45 SEC	T-RAISE HOLD LEFT	3X45 SEC	T-RAISE HOLD LEFT	3X60 SEC	T-RAISE HOLD LEFT	3X60 SEC