

Intermediate Strength Training Plan

This intermediate-level plan introduces training splits and more focused muscle-group work. It's ideal for those who are comfortable with basic movement patterns and looking to build muscle and increase strength.

The plan includes 3 to 4 training days per week using an upper/lower or push/pull split.

Weekly Layout Example:

- Monday: Day 1 - Lower Body
- Tuesday: Day 2 - Upper Body Push
- Thursday: Day 3 - Upper Body Pull
- Saturday (optional): Day 4 - Full Body or Conditioning

Perform 3-4 sets of 8-12 reps for most exercises. Rest 45-75 seconds between sets. Focus on progressive overload-gradually increase weights or reps week to week.

Day 1 - Lower Body

- Barbell Squats - 4 sets of 8 reps
- Romanian Deadlifts - 3 sets of 10 reps
- Step-ups - 3 sets of 10 reps per leg

Day 2 - Upper Body Push

- Dumbbell Bench Press - 3 sets of 10 reps
- Overhead Press - 3 sets of 8 reps
- Dumbbell Lateral Raises - 2 sets of 15 reps

Day 3 - Upper Body Pull

- Dumbbell Rows - 3 sets of 10 reps
- Assisted Pull-ups or Lat Pulldown - 3 sets of 8 reps
- Face Pulls - 2 sets of 15 reps

Optional Day 4 - Full Body or Conditioning

- Kettlebell Swings - 3 sets of 15 reps
- TRX Rows - 3 sets of 12 reps
- Core Circuit - 3 rounds