

Intermediate Workout of the Week

Welcome to DIVEFITNESS.com's Intermediate workout of the week. This schedule is designed to get you 3-5 hours of exercise per week, balancing cardiovascular endurance with whole-body strength. Be sure to complete the PAR-Q found on the website and follow its recommendations before proceeding.

Cardiovascular Training

The cardiovascular exercise listed below can be anything you feel like doing to get your heart rate up for the time indicated (walking/running, cycling, swimming, etc.). Start each session slowly and gradually work up to the specified intensity. Stop immediately if you feel dizzy or unusual, and notify a medical professional.

Flexibility Training

Stretching should be done immediately after your cardiovascular activity. The stretches can be found in the articles listed at DIVEFITNESS.com. Start with your calves and work your way up your legs and torso, finishing with the stretches for shoulders.

Strength Training

The strength exercises are designed to be performed in just about any size fitness facility or home gym. You can substitute exercises based upon available equipment and desired variety. Just stick to the body parts and the general theme, where possible.

If you can't complete the given set of push-ups or crunches, remain in position, rest as little as possible and do as many more as you can. Repeat this cycle until you have completed two sets.

Perform two sets of each remaining exercise with twelve to fifteen repetitions each set. Pick a weight that pushes you to failure by the last repetition of each set. If you are unfamiliar with the proper technique of an exercise, seek the guidance of a qualified fitness professional.

Keeping Track

Print out the following pages to record your workouts and keep them in a binder. This will help you to measure your progress over time.

Intermediate Workout of the Week

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Cardio	Zone 2 30 minutes	REST	Zone 3 30 minutes	Zone 2 30 minutes	REST	REST	Zone 2 50 minutes
Strength	Workout A	Workout B (Supersets)	REST	Workout C	Workout D (Supersets)	REST	Workout E
Notes							

Workout A	Set 1 Reps	Set 2 Reps	Notes
Push Ups			
Straight Crunches			
Side Crunches			
Superman			

Workout B	Set 1 Weight/Reps	Set 2 Weight/Reps	Notes
Superset 1: Step Ups Walking Lunge Mule Kick			
Superset 2: Hip Flexion Hip Extension			
Superset 3: External Ankle Rotation Internal Ankle Rotation Standing Calf Raise			
Abductor/Adductor Scissors			

Intermediate Workout of the Week (cont.)

Workout C	Set 1 Reps	Set 2 Reps	Notes
Push Ups			
Flutter Kicks			
Saxon Side Bends			
Swimmers			

Workout D	Set 1 Weight/Reps	Set 2 Weight/Reps	Notes
Superset 1: Cable Chest Press (Standard/Parallel) Dumbbell Pec Fly (Flat/Overhand)			
Superset 2: Lat Pulldown (Underhand) Bent Over Rhomboid Fly (Parallel)			
Superset 3: Shrugs Front Deltoid Raise			
Superset 4: High Cable Biceps Curl Concentration Curl (Underhand)			
Superset 5: Floor Dip Bent Over Triceps Kickback (Parallel)			

Workout E	Set 1 Reps	Set 2 Reps	Notes
Push Ups			
Flutter Kicks			
Superman			
Standing Broad Jump			
Saxon Side Bends			
Ski Jumpers			
Standing Calf Raise			
Seated Calf Raise			

