Intermediate

Workout

Perform 2x/week

Routine A (Abs, Legs, Back)

|  |  |  |  |
| --- | --- | --- | --- |
| Exercise | Muscles Used | Reps | Sets |
| Double Crunch | Abs | 10-15 | 3 |
| Cycle Crunch | Abs | 15 | 3 |
| Squat | Legs | 10-15 | 4 |
| Two-Arm Row | Back | 10-12 | 3 |
| Reverse Lunge | Legs | 10-12 | 3 |
| Stiff Leg Deadlift | Back | 12 | 3 |
| Seated Curl | Biceps | 10-12 | 3 |
| Standing One- Leg Calf Raise | Calves | 15-20 | 3 |

Routine B (Chest, Shoulders, Triceps)

|  |  |  |  |
| --- | --- | --- | --- |
| Exercise | Muscles Used | Reps | Sets |
| Incline Bench Press | Chest | 10-12 | 3 |
| Decline Bench Press | Chest | 10-12 | 3 |
| Flat Bench Fly | Chest | 10-12 | 3 |
| Seated Shoulder Press | Shoulders | 8-10 | 4 |
| Bent Over Row | Shoulders | 8-10 | 3 |
| Lying Extension | Triceps | 12-15 | 3 |
| Basic Kickback | Triceps | 12-15 | 3 |

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