

INTERMEDIATE: 4 WEEK WORKOUT CALENDAR

Client Name _____

Personal Trainer _____

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Each week the weight should increase.	WEEK 1	Upper Body 4 sets of 12 reps	Lower Body with Personal Trainer 4 sets of 12 reps	Cardio & Core 4 sets of 12 reps	Upper Body 4 sets of 12 reps	Lower Body 4 sets of 12 reps	Conditioning & HIIT 4 sets of 12 reps	Rest or Active Recovery
	WEEK 2	Upper Body 4 sets of 10 reps	Lower Body with Personal Trainer 4 sets of 10 reps	Cardio & Core 4 sets of 10 reps	Upper Body 4 sets of 10 reps	Lower Body 4 sets of 10 reps	Conditioning & HIIT 4 sets of 10 reps	Rest or Active Recovery
	WEEK 3	Upper Body 4 sets of 12 reps	Lower Body with Personal Trainer 4 sets of 12 reps	Cardio & Core 4 sets of 12 reps	Upper Body 4 sets of 12 reps	Lower Body 4 sets of 12 reps	Conditioning & HIIT 4 sets of 12 reps	Rest or Active Recovery
	WEEK 4	Upper Body 4 sets of 8 reps	Lower Body with Personal Trainer 4 sets of 8 reps	Cardio & Core 4 sets of 8 reps	Upper Body 4 sets of 8 reps	Lower Body 4 sets of 8 reps	Conditioning & HIIT 4 sets of 8 reps	Rest or Active Recovery