

Intermediate 6 week training plan

18 workout credits needed to complete full plan

WEEK 1

DAY	TYPE OF WORKOUT	DURATION	NO. OF EXERCISES	EXERCISE TIME	REST TIME	ROUNDS
Day 1	Warm up	03:00				
	Full body	43:45	12 exercises	45 seconds	25 seconds	3 rounds
	Cool down	12:00				
		Total: 58:45				
Day 2	Warm up	03:00				
	Legs and bum	06:35	6 exercises	45 seconds	25 seconds	1 round
	Upper body (not including abs)	19:20	8 exercises	45 seconds	25 seconds	2 rounds
	Legs and bum	06:35	6 exercises	45 seconds	25 seconds	1 round
	Abs	06:35	6 exercises	45 seconds	25 seconds	1 round
	Cool down	12:00				
		Total: 54:05				
Day 3	Warm up	03:00				
	Full body	28:40	12 exercises	45 seconds	25 seconds	2 rounds
	Legs and bum	10:05	9 exercises	45 seconds	25 seconds	1 round
	Arms	05:45	6 exercises	45 seconds	15 seconds	1 round
	Cool down	12:00				
		Total: 59:30				

WEEK 2

DAY	TYPE OF WORKOUT	DURATION	NO. OF EXERCISES	EXERCISE TIME	REST TIME	ROUNDS
Day 1	Warm up	03:00				
	Full body	36:30	12 exercises	60 seconds	30 seconds	2 rounds
	Abs	04:40	6 exercises	30 seconds	20 seconds	1 round
	Cool down	12:00				
		Total: 56:10				
Day 2	Warm up	03:00				
	Legs and bum	10:45	9 exercises	45 seconds	30 seconds	1 round
	HIIT	07:30	8 exercises	30 seconds	30 seconds	1 round
	Legs and bum	10:45	9 exercises	45 seconds	30 seconds	1 round
	HIIT	07:30	8 exercises	30 seconds	30 seconds	1 round
	Cool down	12:00				
		Total: 51:30				
Day 3	Warm up	03:00				
	Upper body (not including abs)	37:30	10 exercises	60 seconds	30 seconds	3 rounds
	Abs	04:40	6 exercises	30 seconds	20 seconds	1 round
	Cool down	12:00				
		Total: 57:10				

WEEK 3

DAY	TYPE OF WORKOUT	DURATION	NO. OF EXERCISES	EXERCISE TIME	REST TIME	ROUNDS
Day 1	Warm up	03:00				
	Chest	15:30	6 exercises	45 seconds	30 seconds	2 rounds
	Back	15:30	6 exercises	45 seconds	30 seconds	2 rounds
	Arms	07:00	6 exercises	45 seconds	30 seconds	1 round
	Cool down	12:00				
		Total: 53:00				
Day 2	Warm up	03:00				
	Legs and bum	10:45	9 exercises	45 seconds	30 seconds	1 round
	HIIT	07:30	8 exercises	30 seconds	30 seconds	1 round
	Legs and bum	10:45	9 exercises	45 seconds	30 seconds	1 round
	HIIT	07:30	8 exercises	30 seconds	30 seconds	1 round
	Abs	04:40	6 exercises	30 seconds	20 seconds	1 round
	Cool down	12:00				
		Total: 56:10				
Day 3	Warm up	03:00				
	Full body	41:00	12 exercises	45 seconds	20 seconds	3 rounds
	Cool down	12:00				
		Total: 56:00				

WEEK 4

DAY	TYPE OF WORKOUT	DURATION	NO. OF EXERCISES	EXERCISE TIME	REST TIME	ROUNDS
Day 1	Warm up	03:00				
	Chest	15:30	6 exercises	45 seconds	30 seconds	2 rounds
	Back	15:30	6 exercises	45 seconds	30 seconds	2 rounds
	Arms	07:00	6 exercises	45 seconds	30 seconds	1 round
	Cool down	12:00				
		Total: 53:00				
Day 2	Warm up	03:00				
	Legs and bum	06:10	6 exercises	45 seconds	20 seconds	1 round
	Shoulders	06:10	6 exercises	45 seconds	20 seconds	1 round
	Legs and bum	07:40	6 exercises	60 seconds	30 seconds	1 round
	Abs	06:10	6 exercises	45 seconds	20 seconds	1 round
	Legs and bum	07:40	6 exercises	60 seconds	30 seconds	1 round
	HIIT	06:20	8 exercises	30 seconds	20 seconds	1 round
	Cool down	12:00				
		Total: 55:10				
Day 3	Warm up	03:00				
	Full body	39:50	18 exercises	45 seconds	20 seconds	2 rounds
	Cool down	12:00				
		Total: 54:50				

WEEK 5

DAY	TYPE OF WORKOUT	DURATION	NO. OF EXERCISES	EXERCISE TIME	REST TIME	ROUNDS
Day 1	Warm up	03:00				
	Legs and bum	13:50	6 exercises	45 seconds	20 seconds	2 rounds
	Chest	06:10	6 exercises	45 seconds	20 seconds	1 round
	Back	06:10	6 exercises	45 seconds	20 seconds	1 round
	Legs and bum	06:10	6 exercises	45 seconds	20 seconds	1 round
	HIIT	06:20	8 exercises	30 seconds	20 seconds	1 round
	Cool down	12:00				
		Total: 53:40				
Day 3	Warm up	03:00				
	Full body	36:30	12 exercises	60 seconds	30 seconds	2 rounds
	Abs	04:40	6 exercises	30 seconds	20 seconds	1 round
	Cool down	12:00				
		Total: 56:10				
Day 1	Warm up	03:00				
	Chest	15:30	6 exercises	45 seconds	30 seconds	2 rounds
	Back	15:30	6 exercises	45 seconds	30 seconds	2 rounds
	Shoulders	07:00	6 exercises	45 seconds	30 seconds	1 round
	Cool down	12:00				
		Total: 53:00				

WEEK 6

DAY	TYPE OF WORKOUT	DURATION	NO. OF EXERCISES	EXERCISE TIME	REST TIME	ROUNDS
Day 1	Warm up	03:00				
	Upper body (not including abs)	37:30	10 exercises	60 seconds	30 seconds	3 rounds
	Abs	04:40	6 exercises	30 seconds	20 seconds	1 round
	Cool down	12:00				
		Total: 57:10				
Day 2	Warm up	03:00				
	Legs and bum	10:45	9 exercises	45 seconds	30 seconds	1 round
	HIIT	07:30	8 exercises	30 seconds	30 seconds	1 round
	Legs and bum	10:45	9 exercises	45 seconds	30 seconds	1 round
	HIIT	07:30	8 exercises	30 seconds	30 seconds	1 round
	Abs	04:40	6 exercises	30 seconds	20 seconds	1 round
	Cool down	12:00				
		Total: 56:10				
Day 3	Warm up	03:00				
	Full body	41:00	12 exercises	45 seconds	20 seconds	3 rounds
	Cool down	12:00				
		Total: 56:00				