

Total Body Workout: Intermediate

This routine was developed by staff members in the U.S. Army's World Class Athlete Program. The program incorporates free weights, universal machines, and equipment dedicated to specific exercises, so gym access is recommended. Make sure that you begin with a workload that you're comfortable with, and build your strength from there.

Exercise Disclaimer:

The exercises provided by U.S. Army's World Class Athlete Program are not without its risks, and this or any other exercise program may result in injury. They include but are not limited to: risk of injury, aggravation of a pre-existing condition, or adverse effect of over-exertion. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician. You should consult a physician in all matters relating to your health, and particularly in respect to any symptoms that may require diagnosis or medical attention.

Monday/Wednesday/Friday

Leg Extensions 3 sets 20/15/10 reps

Required Equipment: Leg extension machine

Sit on the machine and place your feet behind the roller pad. Raise your legs until they're straight, then lower and repeat.

Lying Leg Curls 3 sets 20 reps

Required Equipment: Leg curl machine

Lie face down with your heels and ankles hooked under the roller pad. Raise the roller pad toward your buttocks, then lower and repeat.

Standing Calves 3 sets 30 reps

Required Equipment: Standing calf raise machine

Place your shoulders beneath the yoke and stand with your feet shoulder width apart.

Raise your heels and stand on your tiptoes, then lower and repeat.

Seated Calves 3 sets 30 reps

Required Equipment: Seated calf raise machine

Sit with the pad against your thighs and bend your knees to about a 90 degree angle.

Raise your heels and extend, then lower and repeat.

Dumbbell Squats 3 sets 40 reps

Required Equipment: Dumbbells

Stand with dumbbells at your sides, then lower your body until your thighs are parallel to

the floor. Straighten up and repeat.

Plié Squats 3 sets 40 reps

Required Equipment: One dumbbell

Stand with your feet several feet apart and toes pointed outward. Hold the dumbbell with both hands and let them hang down in front of you. Bend your knees and lower yourself until your thighs are nearly parallel to the ground, keeping your back straight. Raise yourself up and repeat.

Cable Abductors 3 sets 12 reps

Required Equipment: Universal machine and ankle cuff

Stand beside the universal machine. Attach the ankle cuff on the low pulley to your far ankle. Using the machine for balance, stand on your near foot and swing your far leg in front of you, then back. Repeat until finished, then switch legs.

Abdominal Crunches 3 sets 15-20 reps

No Equipment Required

Lie flat on your back with knees bent and feet on the floor. Place your hands behind your head or on your chest, and roll your torso toward your knees. Hold briefly, then relax and repeat.

Tuesday/Thursday

Arnold Presses 3 sets 15 reps

Required Equipment: Dumbbells

Hold dumbbells with your palms facing your body and elbows bent. Push the dumbbells upward and turn your elbows until your arms are straight. Lower and repeat.

Lateral Raises 3 sets 16/10 reps/burn out

Required Equipment: Dumbbells

Lean forward slightly and raise your arms sideways. Make sure your palms are face down and your elbows are nearly straight. Lower and repeat.

Posterior Deltoid Raises 3 sets 12 reps

Required Equipment: Dumbbells

Hold your dumbbells and lean forward with your knees slightly bent until your torso is parallel to the ground. Let your arms hang down with elbows slightly bent, then raise the dumbbells to the sides until they are level with your shoulders. Lower and repeat.

Dumbbell Presses 3 sets 12 reps

Required Equipment: Flat bench and dumbbells

Lie with your back flat against the bench and raise the dumbbells straight above you. Position your hands slightly wider than your shoulders and lower the dumbbells to your chest, then press them upward until your arms are nearly straight. Repeat.

Incline Presses 3 sets 12 reps

Required Equipment: Incline bench and dumbbells

Sit on the bench with dumbbells in hand and resting on your lower thighs. Use your thighs to drive the dumbbells to shoulder-level and lean back. Place the dumbbells to the sides of your chest, then press upward until your arms are extended. Lower the dumbbells to the sides of your chest and repeat.

Dumbbell Flys 3 sets 25 reps

Required Equipment: Flat bench and dumbbells

Lie with your back flat against the bench and raise the dumbbells above you. Lower the dumbbells to your sides until your arms (from elbows up) are parallel to the ground, then return to your starting position and repeat.

Tricep Pulldowns 3 sets 30 reps

Required Equipment: Universal machine with rope

Stand gripping the rope with your hands parallel and elbows at your sides. Pull the handles down until your arms are straight, let your hands rise back up, then repeat.

Seated Hammer Curls 3 sets 15 reps

Required Equipment: Dumbbells

Sit holding both dumbbells with arms at your sides. Curl one arm up, and as your arm passes your thigh, turn your palm up and continue until your forearm touches your biceps. Lower and repeat.

Cable Curls 3 sets Burn out

Required Equipment: Universal machine and bar

Stand close to the machine and grip the bar underhanded. Keep your elbows at your sides and raise the bar until your fists point upward. Lower the bar until your arms are fully extended and repeat.