

Intermediate Fitness Program (Weeks 1-3)

When?

- Strength training exercise programs, such as this one, should be completed 2-3 times per week.

Before you start!





- Make sure you warm-up for 5 – 10 minutes by doing light cardio before beginning this program.

How?

- Complete each exercise as many times as you can in the time given.
- Try to move from one exercise to the next in each set with little to no rest in between.
- After each set take a 30 second break to catch your breath and grab water.
- Once your break is finished complete the next set. There are four sets in total to the exercise program.

To see short videos of how to do each exercise correctly visit www.magnawellness.ca and click “Let’s Learn” → “Articles” → “Workouts” tab → “Intermediate Fitness Program (weeks 1-3)”.





Set 1

| Exercise | Time | |
|-----------------------------------|----------------------|---|
| Jump Squats | 60 seconds |  |
| Repeaters (fast) | 30 seconds each side |  |
| Standard Push-ups | 30 seconds |  |
| Football Stomp (with floor touch) | 60 seconds |  |

Complete the entire circuit again!

After the circuit has been done twice take a 30 second break than complete set 2

Set 2

| Exercise | Time | |
|---|---------------------------|--|
| Backwards Stepping Lunges (with knee lift) | 30 seconds each side |  |
| Jumping Jacks | 60 seconds each side |  |
| Push-up and Twist | 60 seconds alternating |  |
| Jump Shot | 30 seconds each side |  |

Complete the entire circuit again!

After the circuit has been done twice take a 30 second break than complete set 3





Set 3

| Exercise | Time | |
|---|-------------------------|--|
| Mixed Martial Arts (jab, cross, hook, combo with criss cross legs) | 30 seconds each side | |
| Four Corner Ankle Jumps | 30 seconds each side | |
| Striking Cobra/Downward Dog | 60 seconds | |
| Floor Touch and Jump | 60 seconds | |

Complete the entire circuit again!

After the circuit has been done twice take a 30 second break than complete set 4

Set 4

| Exercise | Time | |
|---------------------------------------|---------------------------|--|
| Jackknives (hands on the floor) | 60 seconds |  |
| Hover on Toes (alternating leg lifts) | 60 seconds alternating |  |
| Bicycle Crunch | 60 seconds alternating |  |
| Reverse Crunch | 60 seconds |  |

Complete the entire circuit again!

Congratulations you have finished the workout!

Make sure you cool-down by doing some light cardio, such as walking, to bring your heart rate down and drink at least a cup of water.