

Intermediate Fitness Program

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)”







For more information visit:
WWW.MAGNAWELLNESS.COM

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Intermediate Fitness Program

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.







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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.







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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.







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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.



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