



GOLD'S GYM BRITISH COLUMBIA

**Intermediate Program**  
**Upper/Lower Split**  
***4 Day Program***



Instructions

***Exercises are listed on the left side, recommended sets and rep ranges on the right. Weights should be manageable to complete suggested rep ranges.***

## **Day 1 - Lower Body – rest 60-90 seconds in-between sets**

• **Barbell Romanian Deadlift** 3 sets x 12-15 reps

• **Cable Single Leg Kickback** 3 sets x 10-12 reps each leg

[ Superset for 3 sets ]

• **Dumbbell Alternating Reverse Lunge** 10-12 reps each leg

• **Machine Lying Leg Curl** 10-12 reps

[ Superset for 3 sets ]

• **Elbow Side Plank** 20-45 seconds

• **Regular Plank Hold** 20-45 seconds

[ Running ]

• **1 set x 10 mins @ 1% Incline @ 6/10 RPE**



BARBELL ROMANIAN DEADLIFT



CABLE SINGLE LEG KICKBACK



## Instructions

### **Barbell Romanian Deadlift**

- 1) Stand straight holding a barbell with an overhand grip with feet hip-width apart. Your arms will need to remain straight for the full exercise.
- 2) Start by lowering the bar down by pushing your hips back as your chest and shoulders move ahead of the bar.
- 3) Keep lowering until you feel a stretch in the hamstrings.
- 4) Stop when the bar is in the middle of your knees and shin, pause, and then reverse the movement to your starting position.

### **Cable Single Leg Kickback**

- 1) Attach your ankle to an ankle cuff that is hooked to a low cable pulley. Face the weight stack.
- 2) Pull your leg back in an arc-like motion.
- 3) At full extension, squeeze your glutes and then bring your leg back down to your starting position.
- 4) Complete all reps on one side before switching to the other side.

### **Dumbbell Alternating Reverse Lunge**

- 1) Start with holding a dumbbell in each hand, with your legs about shoulder width apart.
- 2) Step backward into a lunge position ensuring that your body is over top of your back knee.
- 3) Keep all your joints in your lower body at 90 degrees at the bottom of the lunge.
- 4) Step forward returning to the starting position with feet side by side.
- 5) Repeat by stepping back with the opposite foot.

### **Machine Lying Leg Curl**

- 1) When performing the leg curl, ensure that the bottom pad is just above the ankles and the top pad is above your knee.
- 2) You do not want the pad resting on your knee cap.
- 3) Ensure that the weights don't tap down between your repetitions.
- 4) Keep the torso flat on the bench, ensure your legs are fully stretched.
- 5) Position your toes straight. This will be your starting position.
- 6) Begin by curling your leg up as far as you can.
- 7) Lower back to the starting position. This is one rep. Repeat.

### **Elbow Side Plank**

- 1) When performing the side plank, ensure that your body is in a straight line and your elbow directly underneath your shoulder.
- 2) Squeeze your glutes to keep your hips forward in line with your body.
- 3) Once in position and you have a nice straight line down your body, hold this position for as long as possible.
- 4) Lower down and switch sides. Repeat.

### **Regular Plank Hold**

- 1) Face downwards on the floor.
- 2) You can either have your hands to the ground holding a push up position or you can have your elbows on the ground.
- 3) Make sure your body is flat and parallel to the ground and the low back is not rounding upwards or downwards
- 4) Hold for as long as possible.



Instructions

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## Day 2 - Upper Body Push Day – rest 60-90 seconds in between sets

• **Rowing** 1 set x 5 mins @ 9/10 resistance @ 8/10 RPE

• **Machine Seated Shoulder Press** 3 sets x 12-15 reps

• **Machine Seated Chest Press** 3 sets x 12-15 reps

• **Cable Rope Tricep Extensions** 3 sets x 12-15 reps

[ Superset for 3 sets ]

• **Stability Ball Roll Out** 6-10 reps

• **Heel Tap** 10-20 reps



ROWING



MACHINE SEATED SHOULDER PRESS



MACHINE SEATED CHEST PRESS



CABLE ROPE TRICEP EXTENSIONS



## Instructions

### **Machine Seated Shoulder Press**

- 1) Sit upright at the shoulder press machine, holding the inside handles at shoulder height with your palms facing outward and your elbows bent.
- 2) Press the handles overhead, extending your arms fully.
- 3) Lower the handles returning to your starting position.
- 4) Repeat.

### **Machine Seated Chest Press**

- 1) Sit upright making sure your back is rested on the seat. Both hands holding the horizontal position handles, close to your shoulders, and elbows bent.
- 2) Push both handles forward to a straight arm position in front of your chest.
- 3) Bending at the elbows, slowly return to your starting position.
- 4) Repeat.

### **Cable Rope Tricep Extension**

- 1) Grasp a rope attached to a high cable pulley.
- 2) Your forearms should be parallel to the floor. With your elbows against your sides, push the rope downwards as far as possible.
- 3) Pause and return to your starting position.

### **Stability Ball Roll Out**

- 1) For this exercise, keep your abdominals engaged and glutes tight.
- 2) Maintain a straight line throughout your body the entire exercise.
- 3) Start with your elbows underneath your shoulders. Engage your abdominals.
- 4) Slowly roll the ball out and pull it back in.

### **Heel Tap**

- 1) Lie down on a mat.
- 2) For this exercise, shorten the distance between your pelvis and your rib cage.
- 3) Try not to strain your neck by leaning forward with your head excessively.
- 4) Sit up slightly and touch your heels, alternating left and right as you stay up and crunch forward.



Instructions

***Exercises are listed on the left side, recommended sets and rep ranges on the right. Weights should be manageable to complete suggested rep ranges.***

### Day 3 - Lower Body 2 – rest 60-90 seconds in between sets

• **Cycling** 1 set x 10 mins @ 85-90 rpm @ 7/10 RPE

[ Superset for 3 sets ]

• **Dumbbell Hip Thrust** 12-15 reps

• **Dumbbell Rear Foot Elevated Split Squat** 10-12 reps each leg

• **Machine Leg Press** 3 sets x 12-15 reps

• **Barbell Step Up** 3 sets x 10-12 reps each side

[ Superset for 3 sets ]

• **Dynamic Plank** 6-10 reps each side

• **Hollow Body Hold** 20-45 seconds



CYCLING



DUMBBELL HIP THRUST



MACHINE LEG PRESS



BARBELL STEP UP

## Instructions

### **Dumbbell Hip Thrust**

- 1) When performing this exercise, you will perform most of the movement from your hips rather than your lower back. Ensure your abdominal is set - particularly at the top of the lift.
- 2) To stabilize the dumbbell, you will need to use your hands to make sure it doesn't roll off.
- 3) Begin by sitting close to a bench while holding the dumbbells. This will be your starting position.
- 4) Begin the movement by driving weight through with your heels, extending your hips vertically keeping the dumbbell in place. Your weight should be supported by your upper back and the heels of your feet. Your shoulder blades will be resting on the bench.
- 5) Extend as far as possible. Pause and lower down to your starting position.
- 6) Repeat.

### **Dumbbell Rear Foot Elevated Split Squat**

- 1) When performing this exercise, ensure that your knee, feet, and hip are in line.
- 2) With your feet hip-width apart, place your non-working foot on a bench.
- 4) Lower your hips toward the floor so that your rear knee comes close to the floor.
- 5) Pause and drive through your front heel to return to the starting position.
- 6) Repeat.

### **Machine Leg Press**

- 1) Sit on a leg press machine and place your feet against the pad about shoulder-width apart. Make sure your knees are slightly bent at the start of the exercise.
- 2) Slowly push against the pad using your heels until your knees are almost straight. Do not lock your knees straight at the peak of this exercise. Then move back into the starting position.
- 3) Repeat.

### **Barbell Step Up**

- 1) When performing the step up, ensure that your foot, knee, and hip are in line as you step up. At the top of the step, ensure that your hips come underneath you.
- 2) Stand up straight while holding a barbell placed on the back of your shoulders (slightly below the neck) and stand upright behind on an elevated platform.
- 3) Place your working foot on the elevated platform. And let the other foot stay on the ground. This will be your starting position.
- 4) Lift your planted foot all the way forward while keeping your knee slightly bent. Your elevated foot will remain straight.
- 5) Then reverse back to starting position.
- 6) Once you have completed all reps on one side, switch to the other.



## Instructions

### **Dynamic Plank**

- 1) When performing this exercise, always keep your elbows underneath your shoulders.
- 2) Keep your abdominals and your glutes engaged to maintain a straight line throughout your body.
- 3) Start in a plank position.
- 4) Open up and reach out in front of you, slightly towards to the ceiling. Keep your hips up and forward by squeezing your glutes.
- 5) Return to the starting position.
- 6) Repeat on the other side.

### **Hollow Body Hold**

- 1) Lie on the floor with your legs straight, feet, knees, and legs together, arms extended overhead.
- 2) Raise your legs and upper body up slightly to where only your buttocks is touching the floor.
- 3) Hold briefly then slowly lower your body back to the floor returning to starting position.
- 4) Repeat.



Instructions

***Exercises are listed on the left side, recommended sets and rep ranges on the right. Weights should be manageable to complete suggested rep ranges.***

## Day 4 - Upper Body Pull Day

• **Rowing** 1 set x 5 mins @ 8/10 resistance @ 8/10 RPE

• **Lat Machine Reverse Grip** 3 sets x 12-15 reps

• **Dumbbell Single Arm Bent Over Row** 3 sets x 12-15 reps each arm

[ Superset for 3 sets ]

• **Machine Seated Reverse Fly** 12-15 reps

• **Cable Bicep Curl** 12-15 reps

[ Superset for 3 sets ]

• **Hyperextension Roman Chair Back Extension** 10-12 reps

• **Heel Tap** 10-20 reps each side

• **Running** 1 set x 10 mins @ 1% Incline @ 6/10 RPE



LAT MACHINE REVERSE GRIP



CABLE BICEP CURL



## Instructions

### **Lat Machine Reverse Grip**

- 1) Grasp the bar using a reverse grip with your arms extended straight overhead.
- 2) Pull the bar down in front to the top of your chest, bending at the elbows.
- 3) Straighten your arms fully, returning the bar to the top position.

### **Dumbbell Single Arm Bent Over Row**

- 1) Place one knee on a bench. The arm on the same side will be placed on the bench, with the palm directly under the shoulder. Your body should be parallel to the floor, keeping your back straight. The other hand will be holding the dumbbell by your side.
- 2) Begin pulling the dumbbell straight up, keeping your arm close to the body.
- 3) Lower the dumbbell returning to starting position.
- 4) Complete all reps on one side before switching to the other side.

### **Machine Seated Reverse Fly**

- 1) Sit at a reverse position in a machine, chest against the back rest. Both hands holding the handles, elbows slightly bent.
- 2) Move your arms outward and backward in a reverse fly motion until your elbows go just past your back. Pause.
- 3) Slowly return to starting position.
- 4) Repeat.

### **Cable Bicep Curl**

- 1) Stand facing the low pulley and attach a short bar to the low cable. Grasp the bar with your palms up and stand with your arms straight.
- 2) Bending on the elbows, curl the bar up towards your shoulders. Pause.
- 3) Lower the bar returning to starting position.
- 4) Repeat.

### **Hyperextension Roman Chair Back Extension**

- 1) Lie face down on a hyperextension bench with your body in a straight line. Arms in a cross position in your chest.
- 2) Bend forward at the waist as far as you can. Make sure your back remains flat the entire time.
- 3) Then raise your body back up until your body is in a straight line again.

### **Heel Tap**

- 1) Lie down on a mat.
- 2) For this exercise, shorten the distance between your pelvis and your rib cage.
- 3) Try not to strain your neck by leaning forward with your head excessively.
- 4) Sit up slightly and touch your heels, alternating left and right as you stay up and crunch forward.

