



GOLD'S GYM BRITISH COLUMBIA

Intermediate Program
Upper Body Focused
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 - Legs

- | | |
|--------------------------------|--------------------|
| • Walking | 1 set x 15 minutes |
| • Barbell Back Squat | 3 sets x 10 reps |
| • Machine Seated Leg Extension | 3 sets x 15 reps |
| • Machine Lying Leg Curl | 3 sets x 15 reps |
| • Machine Calf Raise | 3 sets x 15 reps |
| • Cycling | 1 set x 10 minutes |



WALKING



BARBELL BACK SQUAT



MACHINE SEATED LEG EXTENSION



MACHINE LYING LEG CURL



Instructions

Barbell Back Squat

- 1) With the barbell across your upper back, set your feet slightly wider than shoulder-width apart. Have your feet slightly turned outward.
- 2) Keep your chest up and knees out as you sit back and down into your hips.
- 3) Under control, reverse the motion and push yourself back up to a standing position.
- 4) Repeat.

Machine Seated Leg Extension

- 1) For this exercise, ensure that the pad rests just above the ankle.
- 2) Secondly, you want to make sure that the weights don't tap down in between each repetition.
- 3) Extend your knees fully, raising your legs straight out.
- 4) Lower back to your starting position. This is one rep.
- 5) Repeat.

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) Also, ensure that the weights do not tap down between your repetitions.
- 4) Keeping 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.
- 8) Repeat.

Dumbbell Calf Raise

- 1) When performing a calf raise, ensure that your knees are straight and try to get the full range of motion through your ankle.
- 2) Start by grasping a dumbbell hands and standing on the edge of an elevated platform. Let your heel drop as far as possible.
- 3) Keeping your body straight, raise both heels up as far as possible.
- 4) Pause and squeeze the calf muscle, and then slowly lower your heel back down as far as possible.
- 5) 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 2 - Chest and Triceps – rest 60-90 seconds in between sets

- | | |
|---|--------------------|
| • Rowing | 1 Set x 5 minutes |
| • Dumbbell Incline Bench Chest Fly | 3 sets x 12 reps |
| • Machine Seated Chest Press | 3 sets x 15 reps |
| • Machine Assisted Dip or Narrow Push Ups | 3 sets x 15 reps |
| • Cable Rope Tricep Extension | 3 sets x 15 reps |
| • Running | 1 set x 10 minutes |



ROWING



MACHINE SEATED CHEST PRESS



MACHINE ASSISTED DIP OR NARROW PUSH UPS



CABLE ROPE TRICEP EXTENSIONS



Instructions

Dumbbell Incline Bench Chest Fly

- 1) Lie on an incline bench set at 45 degrees holding the dumbbells up over your chest at 90 degrees to the ground with your arms straight.
- 2) Lower the dumbbells to the sides of your body in an arc-like motion in line with the middle of your chest, until your hands are at the same level as your chest.
- 3) Raise the dumbbells back up over your chest, keeping your arms straight throughout.
- 4) Repeat.

Machine Seated Chest Press

- 1) Sit upright making sure back is rested on the backrest, both hands holding the horizontal position handles and close to your shoulders, 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 starting position.
- 4) Repeat.

Machine Assisted Dip

- 1) Select desired weight and grip the dip bars with your hands shoulder width apart and knees on the support pad.
- 2) Begin by lowering your body until your upper arms are parallel to the ground.
- 3) Pause and return to starting position by pushing up with your triceps.
- 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 starting position.



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 - Back & Biceps – rest 60-90 seconds in between sets

- | | |
|---|---------------------------|
| • Cycling | 1 set x 10 minutes |
| • Machine Seated Horizontal Grip row | 3 Sets x 12 reps |
| • Barbell Bent over Row | 3 Sets x 15 reps |
| • Lat machine Wide Grip Pulldown | 3 Sets x 15 reps |
| • Cable Bicep Curl | 3 Sets x 15 reps |
| • Rowing | 1 Set x 10 minutes |



CYCLING



MACHINE SEATED HORIZONTAL GRIP ROW



BARBELL BENT OVER ROW



LAT MACHINE WIDE GRIP PULLDOWN

Instructions

Machine Seated Horizontal Grip Row

- 1) Sit at a reverse position in a machine, chest against the backrest. Both hands holding the horizontal position handles, shoulders parallel to the hand.
- 2) Pull the handles into you and try to squeeze your shoulder blades together in the back. Pause.
- 3) Slowly return to starting position.
- 4) Repeat.

Barbell Bent Over Row

- 1) Stand with your feet at shoulder width and legs slightly bent. Bend over so that your back is parallel to the ground and hold the bar with an underhand grip, arms straight.
- 2) Pull the bar up towards your lower chest. Pause.
- 3) Lower barbell returning to starting position. Keep your back straight throughout the entire exercise.
- 4) Repeat.

Lat Machine Wide Bar Close Grip Pulldown

- 1) Grasp the bar using a closed grip, palms facing away from you. Arms extended straight overhead.
- 2) Pull the bar down in front to the top of your chest.
- 3) Straighten your arms completely, returning the handle to the starting position.
- 4) Remain upright throughout and do not sway back and forth.
- 5) 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.



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 - Shoulders & Abdominals – rest 60-90 seconds in between sets

• **Walking** 1 Set x 10 minutes

• **Machine Seated Shoulder Press** 3 Sets x 12 reps

• **Dumbbell Lying Rear Lateral Raise** 3 Sets x 15 reps

• **Dumbbell Lateral Raise** 3 Sets x 15 reps

• **Running** 1 Set x 10 minutes

[Superset for 3 sets – rest 120 seconds between sets]

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

• **Curl Up Crunch** 10 reps

• **Bicycle Crunch** 10 reps each side

• **Heel Tap** 10 reps each side

• **Stability Ball Dead Bug** 10 reps each side



MACHINE SEATED SHOULDER PRESS



CURL UP CRUNCH



Instructions

Machine Seated Shoulder Press

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

Dumbbell Lying Rear Lateral Raise

- 1) Start by lying your chest down on a flat bench and grasp dumbbells with each hand.
- 2) Raise your upper arms to your sides until your hands reach shoulder height, pause, lower and repeat.
- 3) Keep your elbows set at a single angle with soft bend.
- 4) Repeat.

Dumbbell Lateral Raise

- 1) Stand and bend forward slightly with your knees bent too.
- 2) With dumbbells in both hands and elbows bent, raise upper arms to sides until elbows are at shoulder height.
- 3) Pause, lower and repeat.

Curl Up Crunch

- 1) Lie on your back with your knees bent, feet flat, hands behind your head.
- 2) Curl neck towards your chest, and then slowly get your body off the floor until you reach the top position.
- 3) Lower body returning to starting position.
- 4) Repeat.

Bicycle Crunch

- 1) For the bicycle crunch, sit on your pelvis or your sit bones with your feet off the ground and keep your upper body tall.
- 2) Bring your opposite elbow to the opposite knee.
- 3) Twist between your pelvis and your rib cage.

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.

Stability Ball Dead Bug

- 1) When performing this exercise, you'll want to keep your abdominal pulled in.
- 2) If you have a small towel, place it under your lumbar spine. This will help you maintain a neutral spine and give you something to push against while performing the exercise.
- 3) Begin lying on your back while squeezing the ball between your knees and your arms. This will be your starting position.
- 4) Initiate the exercise by extending one leg, straightening the knee and hip to bring the leg towards the ground. Only go as far as you can to maintain your back against the ground. Move the opposite hand towards the ground above your head.
- 5) Your lumbar position must be maintained against the towel throughout the exercise.
- 6) Keep your abdominals drawn in and tight and return the moving leg and arm to the starting position.

