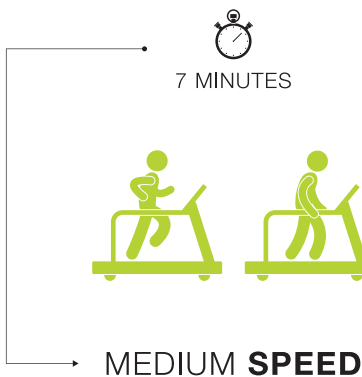




INTERMEDIATE PROGRAMME

1 TREADMILL



2 FLAT BENCH PRESS

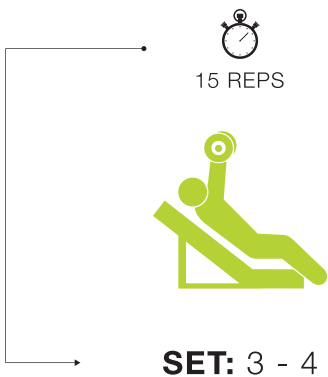


3 LAT PULL DOWN



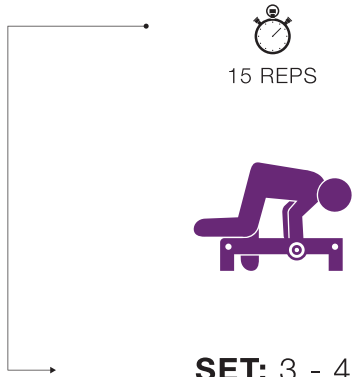
SET: 3 - 4

4 INCLINE DUMBBELL PRESS



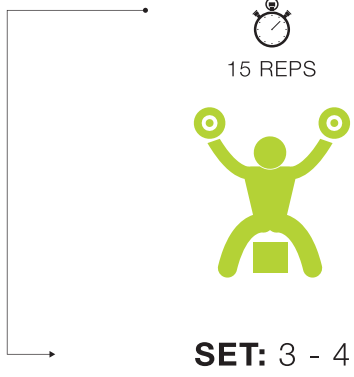
SET: 3 - 4

5 SINGLE ARM ROWS



SET: 3 - 4

6 SEATED SHOULDER PRESS



SET: 3 - 4

7 SQUATS

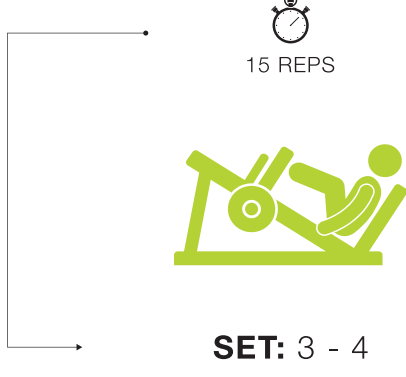


8 UPRIGHT ROWS



SET: 3 - 4

9 INCLINE LEG PRESS



SET: 3 - 4