

THE INTERMEDIATE BODYBUILDING PROGRAM



DAY 1

@andy_rippedbody

DAY 2

EXERCISE	SETS/REPS	%1RM	1st Set RPE
SQ VARIANT	4/ 3-5	82.5 - 87.5%	8
DL VARIANT	4/ 3-5	82.5 - 87.5%	8
SL VARIANT	3/ 6-8	NA	8
LEG CURL	3/ 6-8	NA	8
ST CALF	5/ 6-8	NA	8

EXERCISE	SETS/REPS	%1RM	1st Set RPE
HOR PUSH	4/ 3-5	82.5 - 87.5%	8
HOR PULL	4/ 4-6	NA	8
VER PUSH	3/ 5-7	77.5 - 82.5%	8
VER PULL	3/ 6-8	NA	8
TRICEPS	3/ 8-12	NA	8
BICEPS	3/ 8-12	NA	8

DAY 3

MUSCLEANDSTRENGTHPYRAMIDS.COM

DAY 4

EXERCISE	SETS/REPS	%1RM	1st Set RPE
HH VARIANT	3/ 6-8	NA	8
LP VARIANT	3/ 6-8	NA	8
LEG EXT	3/ 8-12	NA	8
LEG CURL	3/ 8-12	NA	8
SE CALF	5/ 12-15	NA	8

EXERCISE	SETS/REPS	%1RM	1st Set RPE
VER PUSH	3/ 6-8	75-80%	8
HOR PUSH	3/ 6-8	75-80%	8
DIPS	3/ 8-12	NA	8
FLYS	3/ 12-15	NA	8

DAYS

EXERCISE	SETS/REPS	%1RM	1st Set RPE
HORIZONTAL PULL	3/ 6-8	NA	8
VERTICAL PULL	3/ 6-8	NA	8
WT BACK EXTENSIONS	3/ 8-12	NA	8
FACE PULL	2/ 12-15	NA	8

Muscle And Fitness Intermediate Guide

Marcel A. Müller



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