

INTERMEDIATE FREE WEIGHT WORKOUT

The following exercises can be completed with free weights or bands.

GOAL = Complete 2-3 times per week

**1-3 SETS, COMPLETE SETS FOR EACH SECTION
BEFORE MOVING ON, 10-20 reps per set**

SECTION 1

- **Push-Ups**
- **One-arm Dumbbell Row**
- **Goblet Squats (hold weight at chest level)**

SECTION 2

- **Dumbbell Chest Press or Fly**
- **Upright Row**
- **Bent Knee Bridges**
(feet elevated on bench or couch)

SECTION 3

- **Dumbbell or Band Bicep Curls**
- **Dumbbell or Band Overhead Tricep Extensions**
- **Dumbbell or Band Squat & Shoulder Press**

