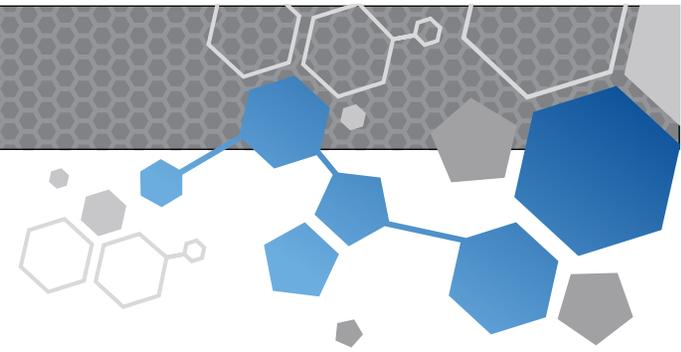


## Men's Intermediate: Workout 3

Do four sets of 15 reps for each exercise. Use a weight that makes you fatigue as you reach the prescribed number of reps while maintaining good form.



1



### Seated Bicep Curl

Sit on a narrow bench, with one leg on either side of the bench. Keep your back straight, your knees bent at a 90 degree angle, and your feet flat on the floor. Holding one dumbbell in each hand—palms facing forward—lift the weights in a semi-circular motion until your hands almost touch your shoulders. Return to the starting position and repeat.

4



### Dips on a Bench/Chair

Sit on the edge of a bench or a chair. Place your hands on the edge of the bench at your sides, keeping arms straight. Slide your rear end off of the bench, position your heels on the floor, keeping your legs straight. Lower your body by bending your arms at the elbows until you feel a slight stretch in the chest and shoulders. Raise your body back up, without locking your arms, and repeat.

5



### Butterfly Press

Lie on a bench on your back. Hold one dumbbell in each hand, arms extended and straight so the weights are up above your chest, palms facing forward towards your feet. Lower your arms out to your sides, maintaining a slight bend at the elbows until your upper arms are parallel with the floor. Push the weights back up in a controlled motion and return to starting position.

2



### Shrugs

Stand straight, holding one dumbbell in each hand at your sides. Lift your shoulders as high as possible. Lower and repeat.

6



### Step Ups

Stand in front of a low bench or chair. Step up on the bench with one foot first. Push up and step with the other leg so you're standing on the bench. Repeat with the same leg until finished with first set. Then switch to the other leg.

3



### Single Arm Dumbbell Row

Kneel over the side of a bench by placing one knee and one hand on the bench, the other leg fully extending, foot flat on the floor. Hold one dumbbell with the free arm straight and fully extended beneath you. Pull the dumbbell up, keeping your elbow in, until it makes contact with ribs. Slowly return and repeat. Then switch legs and arms and perform the same motion.

7



### Planks

Start by lying on your stomach on the floor with your legs straight and with arms bent at the elbow and tucked in at your sides. Place your forearms on the floor underneath you and raise your body up on your arms and tiptoes. Hold this position, keeping legs straight. Flex your abdominals and hold for 60 seconds.