

# **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

