

# STRENGTH

## PROGRAM 1.0



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VIDEO LIBRARY PASSWORD

examplepassword

Designed to be completed in a gym, this 4 week intermediate program is sure to challenge you!

Each week consists of four 1 hour - 1 hour and 15 minute-long workouts to implement a range of gym equipment and hopefully introduce you to new ways to use them. This program especially focuses on strengthening your core with several innovative moves guaranteed to have you sore the next day.

Each week will follow a pattern: back and core on day 1, legs and glutes on day 2, chest and core on day 3, and shoulders and arms on day 4. HIIT moves are incorporated into each workout to make sure you get your cardio in with your weightlifting. Using barbells, dumbbells, and the cable machine, this program will build your muscle and tone your body.

All exercises can be viewed in the video library, which can be accessed with the password at the top of this page.



**CLICK HERE!**

## PRO TIP

As the weeks progress, try increasing your weights when doing exercises you're comfortable with to challenge yourself further!

# equipment you'll need

## shortcode

(R, L) = double-sided exercise

DB = dumbbell

BB = barbell

KB = kettlebell

SM = smith machine

HB = hip band or resistance loop



dumbbells



a barbell



a kettlebell



a plate



a swiss ball



a bench

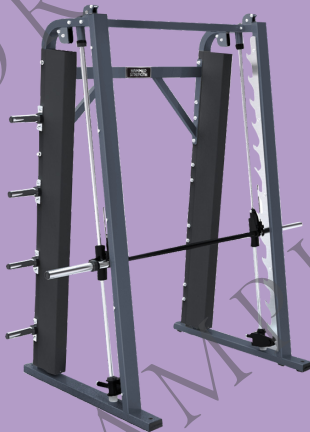


a hip band

OR



a resistance loop



a smith  
machine

a cable  
machine



# plan your program

Use this calendar to plan your workouts every week.

You can do them on the days that best fit your schedule, but make sure to follow the program order!

	M	T	W	T	F	S
WEEK 1						
WEEK 2						
WEEK 3						
WEEK 4						



# warm-up exercises

Warming up your muscles is vital to preventing injury and reaping the full benefits of your workout. These are several dynamic warm-up exercises to prep you for your workout!

## legs & glutes

- Donkey Kick
- Fire Hydrant
- Front Kick
- Body Weight Squat
- Walking Knee Hug
- Walking Lunges
- Jump Squat
- Jump Lunges
- HB Squat Walk
- LRB Anchored Squat
- HB Glute Bridge

## hip flexors

- Side Shuffle
- Back Pedal
- Leg Swing
- Karaoke
- HB Butterfly Squats
- HB Jack Squats

## back

- Superman
- LRB Upright Row
- LRB Bent Over Row

## chest

- Svend Press
- Push Ups
- LRB Pull Aparts

## shoulders

- LRB Dislocation
- LRB Shoulder Rotation
- LRB Depressions
- LRB Up & Overs
- Windmills

## total body

- Jumping Jacks
- Jump Rope
- LRB Squat Press

[View these exercises in the video library.](#)

# Week 1

## DAY 1

back + core

pro tip

Looking to slim down your midsection? Having a developed back can give the illusion of a narrower waist!

### circuit 1

BB Bent Over Row	12x
Elevated Plank & Reverse Fly (R, L)	10x
Squatting Cable Row	12x

3 sets

### circuit 2

T-Bar Row	12x
KB One Arm Row (R, L)	10x
DB Toe Touch	12x

3 sets

### circuit 3

Cable X Pulldown	12x
Kneeling Narrow Lat Pulldown	12x
3/4 Sit Ups	12x

3 sets

### circuit 4

High Cable Row	12x
T-Bar Single Arm Row (R, L)	10x
Back Extension	12x

3 sets

DAY 1

COMPLETE