**INTERMEDIATE FULL BODY**

**STRENGTH ENDURANCE**

|  |
| --- |
| [**handstandpushup.com**](https://www.handstandpushup.com/) **.** **WEEK 4****CREATE YOUR OWN WORKOUT | TRACK YOUR PROGRESS**  |
| **GENERAL WARM-UP** | 10-15 minutes (dynamic stretching/foam roll/walking, etc.)**ENTER CHOICE:** ▁▁▁▁▁▁▁▁▁▁▁▁ |
| **PART 1** | **WARM-UP SETS** |
| **EXERCISE** | **Sets** | **Reps** | **Intensity** | **Speed** | **Rest** |
| **Push-Up** | **1-2** | **12** | **BW only** | **4/2/1** | **60 s** |
| **BB Bench Press** | **1-2** | **12** | **40-50%** | **4/2/1** | **60 s** |
| **( substitutions permitted )** |
| **PART 2** | **COMPOUND SETS** |
|  **INTERMEDIATE**  ( 4 compound sets PER body part )[**handstandpushup.com**](https://www.handstandpushup.com/) **.**  |
| **CHEST****EXERCISES** | **Sets** | **Reps** | **Intensity** | **Speed** | **Rest** |
| **EX****1A** |  | **4** | **8** | **80%** | **2/0/2** | **0 s** |
| **EX****1B** |  | **8** | **80%** | **4/2/1** | **0-60 s** |
| **Enter Your Results Below .** |  | **↴** |
| **NOTES** | **SET 1** | **Reps** | **Intensity** | **Speed** | **Rest** |
| * **Exercise 1A**
 |  |  | % | **2/0/2** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| * **Exercise 1B**
 |  |  | % | **4/2/1** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 2** | **Reps** | **Intensity** | **Speed** | **Rest** |
| * **Exercise 1A**
 |  |  | % | **2/0/2** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| * **Exercise 1B**
 |  |  | % | **4/2/1** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 3** | **Reps** | **Intensity** | **Speed** | **Rest** |
| * **Exercise 1A**
 |  |  | % | **2/0/2** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| * **Exercise 1B**
 |  |  | % | **4/2/1** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 4** | **Reps** | **Intensity** | **Speed** | **Rest** |
| * **Exercise 1A**
 |  |  | % | **2/0/2** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| * **Exercise 1B**
 |  |  | % | **4/2/1** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| **BACK****EXERCISE** | **Sets** | **Reps** | **Intensity** | **Speed** | **Rest** |
| **EX 1A** |  | **4** | **8** | **80%** | **2/0/2** | **0 s** |
| **EX 1B** |  | **8** | **80%** | **4/2/1** | **0-60 s** |
| **Enter Your Results Below .** |  | **↴** |
| **NOTES** | **SET 1** | **Reps** | **Intensity** | **Speed** | **Rest** |
| * **Exercise 1A**
 |  |  | % | **2/0/2** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| * **Exercise 1B**
 |  |  | % | **4/2/1** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 2** | **Reps** | **Intensity** | **Speed** | **Rest** |
| * **Exercise 1A**
 |  |  | % | **2/0/2** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| * **Exercise 1B**
 |  |  | % | **4/2/1** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 3** | **Reps** | **Intensity** | **Speed** | **Rest** |
| * **Exercise 1A**
 |  |  | % | **2/0/2** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| * **Exercise 1B**
 |  |  | % | **4/2/1** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 4** | **Reps** | **Intensity** | **Speed** | **Rest** |
| * **Exercise 1A**
 |  |  | % | **2/0/2** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| * **Exercise 1B**
 |  |  | % | **4/2/1** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| **SHOULDER****EXERCISE** | **Sets** | **Reps** | **Intensity** | **Speed** | **Rest** |
| **EX 1A** |  | **4** | **8** | **80%** | **2/0/2** | **0 s** |
| **EX 1B** |  | **8** | **80%** | **4/2/1** | **0-60 s** |
| **Enter Your Results Below .** |  | **↴** |
| **NOTES** | **SET 1** | **Reps** | **Intensity** | **Speed** | **Rest** |
| * **Exercise 1A**
 |  |  | % | **2/0/2** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| * **Exercise 1B**
 |  |  | % | **4/2/1** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 2** | **Reps** | **Intensity** | **Speed** | **Rest** |
| * **Exercise 1A**
 |  |  | % | **2/0/2** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| * **Exercise 1B**
 |  |  | % | **4/2/1** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 3** | **Reps** | **Intensity** | **Speed** | **Rest** |
| * **Exercise 1A**
 |  |  | % | **2/0/2** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| * **Exercise 1B**
 |  |  | % | **4/2/1** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 4** | **Reps** | **Intensity** | **Speed** | **Rest** |
| * **Exercise 1A**
 |  |  | % | **2/0/2** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| * **Exercise 1B**
 |  |  | % | **4/2/1** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| **LEG****EXERCISE** | **Sets** | **Reps** | **Intensity** | **Speed** | **Rest** |
| **EX 1A** |  | **4** | **8** | **80%** | **2/0/2** | **0 s** |
| **EX 1B** |  | **8** | **80%** | **4/2/1** | **0-60 s** |
| **Enter Your Results Below .** |  | **↴** |
| **NOTES** | **SET 1** | **Reps** | **Intensity** | **Speed** | **Rest** |
| * **Exercise 1A**
 |  |  | % | **2/0/2** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| * **Exercise 1B**
 |  |  | % | **4/2/1** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 2** | **Reps** | **Intensity** | **Speed** | **Rest** |
| * **Exercise 1A**
 |  |  | % | **2/0/2** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| * **Exercise 1B**
 |  |  | % | **4/2/1** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 3** | **Reps** | **Intensity** | **Speed** | **Rest** |
| * **Exercise 1A**
 |  |  | % | **2/0/2** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| * **Exercise 1B**
 |  |  | % | **4/2/1** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 4** | **Reps** | **Intensity** | **Speed** | **Rest** |
| * **Exercise 1A**
 |  |  | % | **2/0/2** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| * **Exercise 1B**
 |  |  | % | **4/2/1** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| **CALF****EXERCISE** | **Sets** | **Reps** | **Intensity** | **Speed** | **Rest** |
| **EX 1A** |  | **4** | **8** | **80%** | **2/0/2** | **0 s** |
| **EX 1B** |  | **8** | **80%** | **4/2/1** | **0-60 s** |
| **Enter Your Results Below .** |  | **↴** |
| **NOTES** | **SET 1** | **Reps** | **Intensity** | **Speed** | **Rest** |
| * **Exercise 1A**
 |  |  | % | **2/0/2** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| * **Exercise 1B**
 |  |  | % | **4/2/1** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 2** | **Reps** | **Intensity** | **Speed** | **Rest** |
| * **Exercise 1A**
 |  |  | % | **2/0/2** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| * **Exercise 1B**
 |  |  | % | **4/2/1** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 3** | **Reps** | **Intensity** | **Speed** | **Rest** |
| * **Exercise 1A**
 |  |  | % | **2/0/2** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| * **Exercise 1B**
 |  |  | % | **4/2/1** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 4** | **Reps** | **Intensity** | **Speed** | **Rest** |
| * **Exercise 1A**
 |  |  | % | **2/0/2** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| * **Exercise 1B**
 |  |  | % | **4/2/1** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| **BICEP****EXERCISE** | **Sets** | **Reps** | **Intensity** | **Speed** | **Rest** |
| **EX 1A** |  | **4** | **8** | **80%** | **2/0/2** | **0 s** |
| **EX 1B** |  | **8** | **80%** | **4/2/1** | **0-60 s** |
| **Enter Your Results Below .** |  | **↴** |
| **NOTES** | **SET 1** | **Reps** | **Intensity** | **Speed** | **Rest** |
| * **Exercise 1A**
 |  |  | % | **2/0/2** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| * **Exercise 1B**
 |  |  | % | **4/2/1** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 2** | **Reps** | **Intensity** | **Speed** | **Rest** |
| * **Exercise 1A**
 |  |  | % | **2/0/2** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| * **Exercise 1B**
 |  |  | % | **4/2/1** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 3** | **Reps** | **Intensity** | **Speed** | **Rest** |
| * **Exercise 1A**
 |  |  | % | **2/0/2** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| * **Exercise 1B**
 |  |  | % | **4/2/1** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 4** | **Reps** | **Intensity** | **Speed** | **Rest** |
| * **Exercise 1A**
 |  |  | % | **2/0/2** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| * **Exercise 1B**
 |  |  | % | **4/2/1** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| **TRICEP****EXERCISE** | **Sets** | **Reps** | **Intensity** | **Speed** | **Rest** |
| **EX 1A** |  | **4** | **8** | **80%** | **2/0/2** | **0 s** |
| **EX 1B** |  | **8** | **80%** | **4/2/1** | **0-60 s** |
| **Enter Your Results Below .** |  | **↴** |
| **NOTES** | **SET 1** | **Reps** | **Intensity** | **Speed** | **Rest** |
| * **Exercise 1A**
 |  |  | % | **2/0/2** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| * **Exercise 1B**
 |  |  | % | **4/2/1** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 2** | **Reps** | **Intensity** | **Speed** | **Rest** |
| * **Exercise 1A**
 |  |  | % | **2/0/2** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| * **Exercise 1B**
 |  |  | % | **4/2/1** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 3** | **Reps** | **Intensity** | **Speed** | **Rest** |
| * **Exercise 1A**
 |  |  | % | **2/0/2** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| * **Exercise 1B**
 |  |  | % | **4/2/1** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 4** | **Reps** | **Intensity** | **Speed** | **Rest** |
| * **Exercise 1A**
 |  |  | % | **2/0/2** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| * **Exercise 1B**
 |  |  | % | **4/2/1** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| **FOREARM****EXERCISE** | **Sets** | **Reps** | **Intensity** | **Speed** | **Rest** |
| **EX 1A** |  | **4** | **8** | **80%** | **2/0/2** | **0 s** |
| **EX 1B** |  | **8** | **80%** | **4/2/1** | **0-60 s** |
| **Enter Your Results Below .** |  | **↴** |
| **NOTES** | **SET 1** | **Reps** | **Intensity** | **Speed** | **Rest** |
| * **Exercise 1A**
 |  |  | % | **2/0/2** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| * **Exercise 1B**
 |  |  | % | **4/2/1** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 2** | **Reps** | **Intensity** | **Speed** | **Rest** |
| * **Exercise 1A**
 |  |  | % | **2/0/2** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| * **Exercise 1B**
 |  |  | % | **4/2/1** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 3** | **Reps** | **Intensity** | **Speed** | **Rest** |
| * **Exercise 1A**
 |  |  | % | **2/0/2** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| * **Exercise 1B**
 |  |  | % | **4/2/1** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 4** | **Reps** | **Intensity** | **Speed** | **Rest** |
| * **Exercise 1A**
 |  |  | % | **2/0/2** |  |
|  |  |  | lb |  |  |
|  |  | kg |
| * **Exercise 1B**
 |  |  | % | **4/2/1** |  |
|  |  |  | lb |  |  |
|  |  | kg |

|  |  |
| --- | --- |
| **PART 3** | **CORE EXERCISES****CARDIO │ COOLDOWN** |
|  **CORE EXERCISES** [**handstandpushup.com**](https://www.handstandpushup.com/)  |
| **EXERCISE 1** | **Sets** | **Reps** | **Intensity** | **Speed** | **Rest** |
|  | **1-4** | **8-12** | **Optional** | **3/2/1** | **0-60 s** |
| **Enter Your Results Below .** |  | **↴** |  |
| **NOTES** | **SET 1** | **Reps** | **Intensity** | **Speed** | **Rest** |
|  |  |  | % | **3/2/1** |  |
|  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 2** |  |  | % | **3/2/1** |  |
|  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 3** |  |  | % | **3/2/1** |  |
|  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 4** |  |  | % | **3/2/1** |  |
|  |  | lb |  |  |
|  |  | kg |
| **EXERCISE 2** | **Sets** | **Reps** | **Intensity** | **Speed** | **Rest** |
|  | **1-4** | **8-12** | **Optional** | **3/2/1** | **0-60 s** |
| **Enter Your Results Below .** |  | **↴** |  |
| **NOTES** | **SET 1** | **Reps** | **Intensity** | **Speed** | **Rest** |
|  |  |  | % | **3/2/1** |  |
|  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 2** |  |  | % | **3/2/1** |  |
|  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 3** |  |  | % | **3/2/1** |  |
|  |  | lb |  |  |
|  |  | kg |
| **NOTES** | **SET 4** |  |  | % | **3/2/1** |  |
|  |  | lb |  |  |
|  |  | kg |
|  **CARDIO** [**handstandpushup.com**](https://www.handstandpushup.com/) **.**  |
| **EXERCISE** | **DURATION** |
|  **ENTER CHOICE:**▁▁▁▁▁▁ | ▁▁▁▁▁▁ |
|  **COOLDOWN** [**handstandpushup.com**](https://www.handstandpushup.com/)  |
| **EXERCISE** | **DURATION** |
|  **ENTER CHOICE:**▁▁▁▁▁▁ | ▁▁▁▁▁▁ |