

L³ive Lean w Lindy



**3-Week GYM
Fitness Program: Intermediate**



PLEASE NOTE:

It is imperative to warm up BEFORE each workout and cool down + stretch AFTER each workout.

» EXAMPLE WARM UP ACTIVITIES INCLUDE:

Walking in place, jogging in place, stair master, jumping jacks, stretching, ab twists, etc.

» EXAMPLE COOL DOWN ACTIVITIES INCLUDE:

Walking in place, jogging in place, stair master, jumping jacks, yoga, breathing exercises, etc.

- » You should consult your physician or other health care professional before starting this or any other fitness program to determine if it is right for your needs. This is particularly true if you (or your family) have a history of high blood pressure or heart disease, or if you have ever experienced chest pain when exercising or have experienced chest pain in the past month when not engaged in physical activity, smoke, have high cholesterol, are obese, or have a bone or joint problem that could be made worse by a change in physical activity.
- » Do not start this fitness program if your physician or health care provider advises against it. If you experience faintness, dizziness, pain or shortness of breath at any time while exercising you should stop immediately.
- » This site offers health, fitness and nutritional information and is designed for educational purposes only. You should not rely on this information as a substitute for, nor does it replace, professional medical advice, diagnosis, or treatment. If you have any concerns or questions about your health, you should always consult with a physician or other health-care professional. Do not disregard, avoid or delay obtaining medical or health related advice from your health-care professional because of something you may have read on this site. The use of any information provided on this site is solely at your own risk.

Developments in medical research may impact the health, fitness and nutritional advice that appears here. No assurance can be given that the advice contained in this site will always include the most recent findings or developments with respect to the particular material.

- » If you are in the United States and think you are having a medical or health emergency, call your health care professional, or 911, immediately.

Certain health or medical material on this site may be sexually explicit. Please do not use this site if you would find these materials offensive.



Workout Instructions:

- » Complete all 6 weekly workouts to transform your body in 3 weeks and to burn fat, build muscle and look lean.
- » Videos included on my Youtube channel.
- » Maintaining proper form helps prevent injuries and ensures that you're getting the most out of your workout.

Equipment needed:

- » Dumbbells
- » Kettlebells
- » Cables
- » Pull-up Bar
- » Bosu Ball
- » Exercise Ball
- » Pulley Machine
- » Bench
- » Lat Pull-down Machine

Additional Tips:

Maintaining a healthy, plant-based diet will help fast track your results. Follow along with the L3 Meal plan.

For cardio I suggest the treadmill or stairmaster, adjusting the incline and speed. For warm-ups I suggest the rower for arm day and the stairmaster or treadmill for leg day or a full body workout.

Week 1:

DAY 1: LOWER BODY

- » 5 minute warm-up
- » Walking Lunges - 3 rounds of 10 down + 10 back w/ heavy weights.
- » Kettlebell Swings - 3 X 15 (medium weight)
- » Squats w/ dumbbells - 3 X 10 (medium weight)
- » Glute Bridges - 3 X 15 (medium weight)
- » Calf Raises w/ dumbbells - 3 X 20
- » Plie squats w/ kettlebell - 3 X 10 (15 second hold after each round)
- » Tuck Hollows on Bosu Ball - 3 X 15
- » 5 Minutes of Cooldown and 10 minutes of deep stretching

DAY 2: LOWER BODY

- » 5 minute warm-up
- » Lat Pulldowns - 3 X 10 w/ medium to heavy weight. (Normal, Reverse and Wide Grips)
- » Tricep Push Downs on cable rope - 3 X 10
- » Bicep Curls on cable rope - 3 X 10
- » Push-ups - 3 X 10
- » Seated Shoulder Presses - 3 X 10 - medium to heavy weight
- » Mountain Climbers on the Bosu Ball - 3 X 20
- » Hanging Knee Tucks - 3 X 10
- » Crunches on the exercise ball - 3 X 10 - middle, left & right (3 sets/each)
- » 5 Minutes of Cooldown and 10 minutes of deep stretching

DAY 3: CARDIO

- » 30 minutes of your choice of cardio
- » Sit-ups on an Exercise Ball - 3 X 20
- » 5 Minutes of Cooldown and 10 minutes of deep stretching



DAY 4: LOWER BODY

- » Reverse Lunges w/ weights - 3 X 10
- » Regular Lunges w/ weights - 3 X 10
- » RDLs - 3 X 10
- » Single Leg Glute Bridges on the exercise ball - 3 X 15 each leg
- » Squat Jumps - 3 X 10
- » Squats w/ weights - 3 X 10
- » Tuck Hollows on Bench - 3 X 10 (w/ weight between feet)
- » 5 Minutes of Cooldown and 10 minutes of deep stretching

DAY 5: CARDIO

- » 30 minutes of your choice of cardio
- » Hanging Knee Tucks - 3 X 10
- » 5 Minutes of Cooldown and 10 minutes of deep stretching

DAY 6: FULL BODY

- » 5 minute warm-up
- » Plank - 3 X 30 second holds: regular and sides. (X 3 for all 3)
- » Squat Holds w/ weights - 3 X 10
- » Push-ups on the Bosu with Glute Raise - 3 X 10
- » Upright Rows w/ dumbbells - 3 X 10
- » Bicep Curls w/ weights - 3 X 10
- » Bent over Row w/ weights - 3 X 10
- » Burpees - 3 X 10
- » Stir the Pot - on exercise ball - 3 X 10
- » Mountain Climbers on the Bosu ball - 3 X 20
- » 5 Minutes of Cooldown and 10 minutes of deep stretching



DAY 7: REST

Week 2:

DAY 1: CARDIO

- » 30 minutes of your choice of cardio
- » Hanging Knee Tucks - 3 X 10
- » 5 Minutes of Cooldown and 10 minutes of deep stretching

DAY 2: LOWER BODY

- » Tuck Hollows on the Bosu Ball - 3 X 20
- » Walking Lunges w/ weights - 10 steps down, 10 steps back X 3
- » Deep Side Lunges w/ a kettlebell - 3 X 10
- » Calf Raises w/ weight - 3 X 25
- » Jumping Squats w/ kettlebell - 3 X 10
- » Hamstring Curls on Exercise ball - 3 X 10
- » Split Squats - 3 X 15
- » 5 Minutes of Cooldown and 10 minutes of deep stretching

DAY 3: CARDIO

- » 30 minutes of your choice of cardio
- » Abs on the ball - crunches to middle and each side - 3 X 20 (3 times for each)
- » 5 Minutes of Cooldown and 10 minutes of deep stretching



DAY 4: UPPER BODY

- » 5 minute warm-up
- » Cable Ab Crunches - 3 X 10
- » Lat Pulldowns - 3 X 10 w/ medium -heavy weights. (Normal, Reverse and Wide Grips) X 3 for all grips!
- » Tricep Push downs on cable rope - 3 X 10
- » Bicep Curls on cable rope - 3 X 10
- » Push-ups - 3 X 10
- » Seated Shoulder Presses - 3 X 10 (w/ medium to heavy weight)
- » Mountain Climbers on the Bosu Ball - 3 X 20
- » Front and Side Shoulder Raises - 3 X 10 (w/ light weights)
- » 5 Minutes of Cooldown and 10 minutes of deep stretching

DAY 5: FULL BODY

- » 5 minute warm-up
- » Burpees - 3 X 10
- » Push-ups on Bosu Ball w/ a glute raise - 3 X 10
- » Tricep Dips on Bench - 3 X 15
- » Kettlebell Swings - 3 X 15
- » Woodchops w/ the cable - 3 X 10
- » Split Squats w/ weights - 3 X 10
- » Squats w/ a kettlebell or weight - 3 x 10 (holding goblet position). Drop weights & do 10 squat jumps in between each set
- » High Low Planks - 3 X 20
- » 5 Minutes of Cooldown and 10 minutes of deep stretching

DAY 6: CARDIO

- » 30 minutes of your choice of cardio
- » Hanging Knee Tucks - 3 X 10
- » 5 Minutes of Cooldown and 10 minutes of deep stretching



DAY 7: REST

Week 3:

DAY 1: LOWER BODY

- » 5 minute warm-up
- » Walking Lunges - 3 X 10 down + 10 back (heavy weights)
- » Kettlebell Swings - 3 X 15 (15-25 lb kettlebell)
- » Squats w/ dumbbells - 3 X 10 (w/ medium weights)
- » Glute Bridges - 3 X 15 (w/ medium weights)
- » Calf Raises w/ dumbbells - 3 X 20
- » Plie Squats w/ a kettlebell - 3 X 10 (w/ a 15 second hold after each round)
- » Tuck Hollows on the Bosu Ball - 3 X 15
- » 5 Minutes of Cooldown and 10 minutes of deep stretching

DAY 2: UPPER BODY

- » 5 minute warm-up
- » Lat Pulldowns - 3 x 10 w/ medium-heavy weights (Normal, Reverse and Wide Grips)
- » Tricep Push downs on cable rope - 3 X 10
- » Bicep Curls on cable rope - 3 X 10
- » Push-ups - 3 X 10
- » Chest Flys w/ light dumbbells laying flat on a bench - 3 X 10
- » Mountain Climbers on the Bosu Ball - 3 X 20
- » Hanging Knee Tucks - 3 X 10
- » Crunches on the exercise ball - 3 X 10 - middle, and both sides. (all 3, X3)
- » 5 Minutes of Cooldown and 10 minutes of deep stretching

DAY 3: CARDIO

- » 30 minutes of your choice of cardio
- » Sit-ups on an Exercise Ball - 3 X 20
- » 5 Minutes of Cooldown and 10 minutes of deep stretching



DAY 4: LOWER BODY

- » 5 minute warm-up
- » Reverse Lunges w/ weights - 3 X 10
- » Regular Lunges w/ weights - 3 X 10
- » RDLs - 3 X 10
- » Single Leg Glute Bridges on exercise ball - 3 X 15 each leg.
- » Squat Jumps - 3 X 10
- » Squats w/ weights - 3 X 10
- » Tuck Hollows on Bench - 3 X 10 (weight between feet)
- » 5 Minutes of Cooldown and 10 minutes of deep stretching

DAY 5: CARDIO

- » 30 minutes of your choice of cardio
- » Hanging Knee Tucks - 3 X 10
- » 5 Minutes of Cooldown and 10 minutes of deep stretching

DAY 6: FULL BODY

- » 5 minute warm-up
- » Plank - 3 X 30 second holds: middle and sides. (X 3 for all 3)
- » Squat holds with weights - 3 X 10 w/ a :03 second hold at the bottom
- » Push-ups on the Bosu w/ Leg Lifts - 3 X 10
- » Upright Rows w/ dumbbells - 3 X 10
- » Bicep Curls w/ weights - 3 X 10
- » Bent over Row w/ weights - 3 X 10
- » Burpees - 3 X 10
- » Plank Shoulder Taps - 3 X 10
- » Mountain Climbers on the Bosu ball - 3 X 20
- » 5 Minutes of Cooldown and 10 minutes of deep stretching



DAY 7: REST