HealthChicChatter
Eat Pray Lift

Eat . Pray . Lift

INTERMEDIATE WORKOUT GUIDE

Strength . Tone . Progress



Your Next-Level Training Plan

This guide is designed for women ready to level up beyond beginner workouts. Using a proven full-body split with supersets, progressive overload, and functional movements, you will build lean muscle, boost endurance, and feel stronger every session.

LEVEL	FREQUENCY	DURATION	EQUIPMENT
Intermediate	3x / Week	45-60 Min	Dumbbells + Bench

"Strong is beautiful. Consistent is everything."

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WORKOUT OVERVIEW

PROGRAM STRUCTURE

Frequency	3 sessions per week (e.g., Mon / Wed / Fri)
Session Length	45-60 minutes
Format	Full-body with superset pairings
Rest Between Supersets	60-90 seconds
Rest Within Superset	30-45 seconds between the two exercises
Progression	Add 2.5-5 lb per exercise every 2-3 weeks

EQUIPMENT NEEDED

Dumbbells	Light, medium, and heavy (e.g., 8 lb, 12 lb, 20 lb)
Adjustable Bench	Or sturdy chair for step-ups and rows
Exercise Mat	For core circuit work
Water Bottle + Timer	Stay hydrated; use 30-sec / 60-sec intervals

WHAT IS A SUPERSET?

A superset means performing two exercises back-to-back with little or no rest between them, then resting 60-90 seconds after completing both. Supersets save time, increase metabolic demand, and keep your heart rate elevated for extra calorie burn.

SAMPLE SUPERSET (WARM-UP ROUND)

A1	**Goblet Squat x 12 reps**	*Hold dumbbell at chest; squat to parallel depth*
A2	**Push-Up x 10 reps**	*Straight-body plank; lower chest to floor*
	Rest 60 sec -- repeat 3 rounds	

PROGRESS TIPS

Track Your Weights	Write down weight used each session. Increase when last 2 reps feel easy.
Mind-Muscle Connection	Focus on the muscle working, not just completing the reps.
Rest Days Matter	Schedule at least 1 full rest day between sessions for recovery.
Warm Up First	5 min brisk walk or dynamic stretching before every session.
Cool Down + Stretch	5-10 min static stretching post-workout aids recovery.

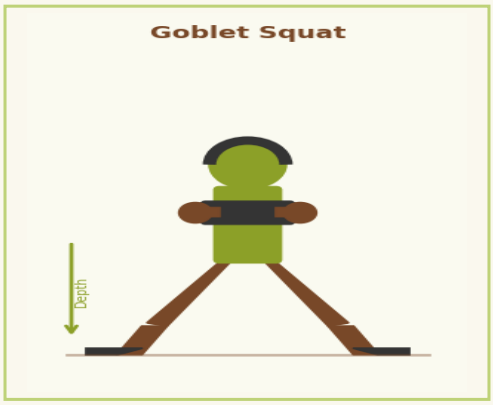
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GOBLET SQUAT

Target Muscles: Quads . Glutes . Core

SETS	REPS	REST	EQUIPMENT
3 Sets	12 Reps	30-45 sec (within superset)	One dumbbell or kettlebell

SUPERSET: Pair with: Push-Up



Movement Reference Illustration

STEP-BY-STEP EXECUTION

1. Stand with feet shoulder-width apart, toes slightly turned out.
2. Hold a single dumbbell vertically at your chest with both hands (goblet grip).
3. Brace your core and push your hips back and down, squatting to at least parallel depth.
4. Keep your chest tall and knees tracking over your toes throughout the movement.
5. Drive through your heels to stand, squeezing your glutes at the top.
6. Avoid rounding your lower back -- if you notice this happening, reduce the weight.

TIP: *Depth is key. If mobility is limited, elevate your heels slightly on weight plates.*

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ROMANIAN DEADLIFT

Target Muscles: Hamstrings . Glutes . Lower Back

SETS	REPS	REST	EQUIPMENT
3 Sets	10 Reps	30-45 sec (within superset)	Two dumbbells

SUPERSET: Pair with: Single-Arm Row



Movement Reference Illustration

STEP-BY-STEP EXECUTION

1. Stand tall holding dumbbells in front of your thighs, feet hip-width apart.
2. Hinge at the hips, pushing them backward as you lower the dumbbells along your legs.
3. Keep your back flat and spine neutral throughout -- this is a hip hinge, NOT a squat.
4. Lower until you feel a strong stretch through your hamstrings, typically around mid-shin.
5. Drive your hips forward to return to a standing position, squeezing glutes at the top.
6. Keep the dumbbells close to your body for the entire range of motion.

TIP: *Soften your knees slightly. Feel the hamstring stretch at the bottom of every rep.*

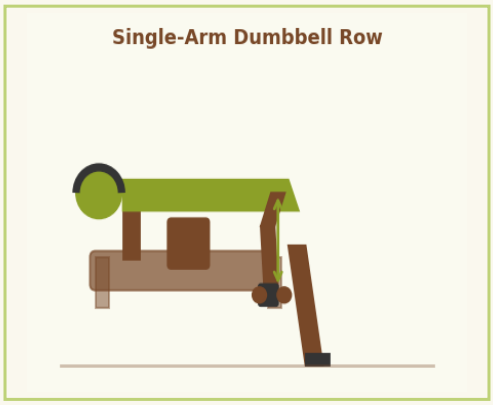
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SINGLE-ARM DUMBBELL ROW

Target Muscles: Lats . Rhomboids . Rear Delts . Biceps

SETS	REPS	REST	EQUIPMENT
3 Sets	10 Reps (each side)	30-45 sec (within superset)	One dumbbell + bench or chair

SUPERSET: Pair with: Romanian Deadlift



Movement Reference Illustration

STEP-BY-STEP EXECUTION

1. Place your left knee and left hand firmly on a bench for support.
2. Hold the dumbbell in your right hand with your arm hanging straight down.
3. Keeping your back flat and parallel to the floor, pull the dumbbell up to your hip.
4. Drive your elbow up and back -- visualize pointing your elbow toward the ceiling.
5. Squeeze your back muscles at the top, then lower slowly with a controlled 2-count descent.
6. Complete all reps on one side before switching to the other side.

TIP: *Avoid rotating your torso -- keep your hips square to the bench. Power comes from your back, not your arm.*

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STANDING SHOULDER PRESS

Target Muscles: Deltoids . Triceps . Core

SETS	REPS	REST	EQUIPMENT
3 Sets	10 Reps	60-90 sec (after superset)	Two dumbbells

SUPERSET: Pair with: Lateral Raises or Bicep Curls



Movement Reference Illustration

STEP-BY-STEP EXECUTION

1. Stand tall with feet shoulder-width apart and your core firmly braced.
2. Hold dumbbells at shoulder height, palms facing forward, elbows bent at 90 degrees.
3. Press the dumbbells directly overhead in a straight line until your arms are fully extended.
4. Keep your ribs pulled down -- do not flare them out or arch your lower back.
5. Lower the dumbbells slowly back to shoulder height with full control.
6. Breathe out as you press up; breathe in as you lower back down.

TIP: *Standing engages your core far more than seated. If you are shaking, the weight is too heavy -- go lighter.*

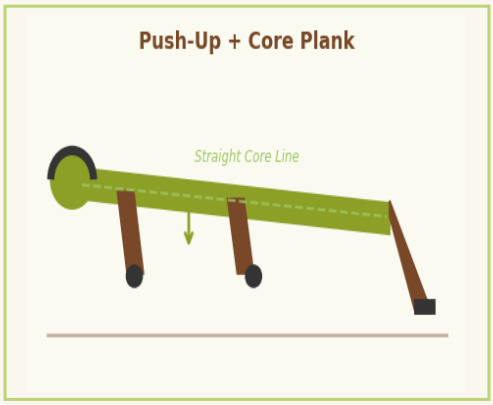
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PUSH-UP + CORE CIRCUIT

Target Muscles: Chest . Triceps . Shoulders . Core . Abs

SETS	REPS	REST	EQUIPMENT
3 Sets	10 Push-Ups + 30 sec Plank	60-90 sec (after superset)	Exercise mat

SUPERSET: Pair with: Goblet Squat



Movement Reference Illustration

STEP-BY-STEP EXECUTION

1. PUSH-UP: Start in a high plank position with hands slightly wider than your shoulders and your body forming a straight line from head to heels.
2. Lower your chest toward the floor, keeping your elbows at roughly a 45-degree angle from your torso.
3. Press back up to the starting position. Modification: drop to your knees while keeping your hips aligned with your body.
4. CORE CIRCUIT: After completing your final push-up, immediately transition into a forearm or high plank position and hold for 30 seconds.
5. Keep your hips level throughout -- do not let them sag toward the floor or pike upward. Breathe slowly and steadily.
6. Optional add-on: follow the plank with 15 reps of bicycle crunches or dead bugs for additional core work.

TIP: *The push-up and plank combination targets your chest AND core in a single movement. Focus on maintaining a rigid, board-straight body position throughout.*

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FULL 3-DAY WORKOUT SCHEDULE

Rest at least 1 full day between sessions -- e.g. Monday / Wednesday / Friday

DAY 1 -- LOWER BODY FOCUS

ORDER	EXERCISE	SETS x REPS	REST
A1	Goblet Squat	3x12	30-45 sec
A2	Push-Up	3x10	30-45 sec
	Rest then repeat A x3		60-90 sec
B1	Romanian Deadlift	3x10	30-45 sec
B2	Single-Arm Row (each side)	3x10	30-45 sec
	Rest then repeat B x3		60-90 sec

DAY 2 -- UPPER BODY FOCUS

ORDER	EXERCISE	SETS x REPS	REST
C1	Standing Shoulder Press	3x10	30-45 sec
C2	Bicep Curl	3x12	30-45 sec
	Rest then repeat C x3		60-90 sec
D1	Dumbbell Chest Press	3x10	30-45 sec
D2	Tricep Kickback	3x12	30-45 sec
	Rest then repeat D x3		60-90 sec

DAY 3 -- FULL-BODY CIRCUIT

ORDER	EXERCISE	SETS x REPS	REST
E1	Goblet Squat	3x12	15 sec
E2	Shoulder Press	3x10	15 sec
E3	Romanian Deadlift	3x10	15 sec
E4	Single-Arm Row	3x10 ea.	15 sec
E5	Push-Up + Core Circuit	3x10+30s	60-90 sec after circuit

WEEKLY WEIGHT TRACKING LOG

Exercise	Week 1	Week 2	Week 3	Week 4
Goblet Squat				
Romanian Deadlift				
Single-Arm Row				
Shoulder Press				

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Push-Up / Plank

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IMPORTANT INFORMATION & DISCLAIMER

Medical Disclaimer

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This guide is for informational and educational purposes only. It is not a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or another qualified health provider before starting a new fitness program, especially if you have pre-existing medical conditions, injuries, or are pregnant or postpartum.

You've Got This, Chic!

Consistency beats perfection every single time. Whether you complete every set perfectly or need to modify -- showing up is the win. Progress is built in small, steady steps. Track your weights, celebrate your improvements, and remember why you started.

Share your progress with the HealthChicChatter community! Tag us and inspire other women on their wellness journey.

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