

Intermediate Old School Exercise Program

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SCHEDULE

- **Day 1:** Chest
- **Day 2:** Legs
- **Day 3:** Back
- **Day 4:** Abs
- **Day 5:** Shoulder
- **Day 6:** Arms
- **Day 7:** Rest

This program involves training one muscle group per day, making it easy to follow and a straightforward routine.

Perform low-intensity cardio in the morning to enhance your endurance.

Keep the rest time between sets as short as possible.

Day 1 – Chest

Exercise	Sets	Reps
Flat Bench Press	4	12-10-8-6
Incline Bench Press	3	12-10-8-6
Flat Dumbbell Flyes	3	12-10-8
H2L Cable Fly/Crossover	3	12-10-8
Dumbbell Pullover	3	12-10-8
Parallel Bar Dips	3	Till failure

Day 2 – Legs

Exercise	Sets	Reps
BB Squat/Leg Press	4	12-10-8-6
Barbell Lunges	3	10/leg
Leg Extension	4	20-15-12-10
Stiff Leg Deadlift	3	12-10-8
Leg Curl	4	20-15-12-10
Calf Raises	3	25-20-15-10

Day 3 – Back

Exercise	Sets	Reps
Chin-Up/Pull-up	3	Failure
Deadlift/Bent-Over Row	4	12-8-8-6
T-Bar Row	4	12-10-8-6
Lat Pulldown	4	15-10-8-6
Seated Row	4	15-12-10-8
One-arm DB Row	3	10-12/arm

Day 4 – Abs

Exercise	Sets	Reps
Hanging Knee Raises	4-6	10-20
Roman Chair Sit-ups	4-6	20-30
Cable Crunches	4-6	20-30
Oblique Crunch	4-6	10-12

Day 5 – Shoulder

Exercise	Sets	Reps
Smith Machine Overhead Press	3-4	12-10-8
Behind The Neck Shoulder Press	3-4	12-10-8
Lateral Dumbbell Raises	3-4	12-10-8
Alternating DB Front Raises	3-4	12-10-8
Bent-Over Lateral Raises	3-4	12-10-8
Cable/Barbell Upright Row	3-4	12-10-8

Day 6 – Arms

Superset	Sets	Reps
Two-Arm Barbell Curl + Close Grip Bench Press	3-4	10-12
Incline Dumbbell Curl + Skull Crusher	3-4	10-12
Concentration Curl + Overhead Triceps Extension	3-4	10-12
Nautilus Preacher Curl + Barbell Triceps Kickback	3-4	10-12
Reverse Barbell Curl + Wrist Curl	3-4	10-12