* Been going to the gym for a few months but want to see further progress with an hour a week? The workout below should start to challenge the average Joe.
* Not sure how to do each exercise? Check out the “How to” section of the [guide](https://www.gainstopia.com/1-hour-gauntlet)!

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| THE GAUNTLET (Intermediate) |
| Exercise |
| -10kg Assisted Pull Ups (15) |
| 60kg Deadlift (30) |
| 24kg 2’ Bench Press (30) |
| 18kg 4° Bench Dumbbell Rows, Overhand Grip (30) |
| 30kg Barbell Squats (30) |
| 30kg Wide Upright Row (30) |
| 3kg Front Military Press (30) |
| -10kg Close Grip Chin Ups (15) |
| Floor Wipers (30) |
| 60kg Shrugs (30) |
| -10kg Assisted Dips (30) |
| Sit ups on Bicep Machine (30) |
| -10kg Assisted Pull Ups (15) |
| 2x40kg Normal, Wide, Narrow Calf Raise (3x15) |
| TOTAL REPS (360) |
| Date | **Time** | **Notes** |
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* As ever, record the time it takes for you to complete the entire workout. Able to do it in less than 45 minutes? Great! This means you’re ready to increase the weight slightly, increase the numbers on this document ready for next time.