

Electric Life Strength & Movement System™

Intermediate Phase (12-Week Program)

Build Strength. Increase Capacity. Train With Purpose.

Once you've built a foundation, the next step is developing strength you can actually use. This intermediate phase bridges the gap between basic movement and real performance by introducing more structure, load, and intensity — without losing the nervous-system focus that makes progress sustainable.

At Electric Life Chiropractic in Indianapolis, we guide patients into this phase when their body is ready to handle more demand while maintaining control and awareness. Here, movement becomes stronger, more efficient, and more resilient — setting the stage for long-term progress.

WHO THIS PROGRAM IS FOR

- Completed a beginner program or has consistent training history
- Comfortable with basic movement patterns
- Wants to build strength, muscle, and conditioning
- Ready for more structure and progression

CORE PHILOSOPHY

At Electric Life Chiropractic in Indianapolis:

This phase bridges the gap between:

- Rehab → Performance
- Movement → Strength
- Awareness → Output

You are no longer just learning movement — you are **developing capacity within it.**



12-WEEK PROGRESSION MODEL

Weeks 1–4 → STRENGTH BASE

Focus: Clean movement under moderate load

- Build consistency with loading
- Reinforce movement patterns
Introduce structured intensity

Weeks 5–8 → STRENGTH + CAPACITY

Focus: Increase load + work capacity

- Heavier lifts
- Slightly higher volume
- Introduce interval conditioning

Weeks 9–12 → PERFORMANCE INTEGRATION

Focus: Strength + efficiency

- More confidence under load
- Introduce power elements
- Improved conditioning output

▼ DELOAD (Weeks 4, 8, 12)

- Reduce volume 25–30%
- Maintain intensity (don't go too light)
- Focus on movement quality



WEEKLY TRAINING STRUCTURE

4 Days Per Week

- **Day 1:** Squat + Push + Rotation
- **Day 2:** Hinge + Pull + Carry
- **Day 3:** Full Body + Conditioning
- **Day 4:** Dynamic / Athletic + Mobility



HOW TO PROGRESS

For primary lifts:

1. Start at **6 reps**
2. Build to **10 reps**
3. Increase weight
4. Reset to 6 reps



NERVOUS SYSTEM RULES

- Stay around **RPE 7–8** (challenging, not max)
- Leave 1–3 reps in reserve
- If fatigue accumulates → reduce volume, not frequency

- Breathe with intention



DAY-BY-DAY PROGRAM (WITH OPTIONS)

◆ DAY 1 — SQUAT + PUSH + ROTATION

Intent: Build lower + upper strength with rotational control

1. Warm-Up (6–10 min)

- Deep squat hold — 45 sec
 - Hip openers — 10/side
 - Band pull-aparts — 15
-

2. SQUAT (Choose 1)

- Goblet Squat (heavy)
- Front Squat
- Double KB Front Squat

4×6–10

Cue: Stay upright, control descent, drive evenly

3. PUSH (Choose 1)

- DB Bench Press
- Incline Push-Up (feet elevated if able)
- Landmine Press

4×6–10

Cue: Control down, press with full-body tension

4. ROTATION (Primary Pattern)

(Choose 1)

- Cable Chop / Lift
- Landmine Rotation
Pallof Press (heavier)

3×8/side

Cue: Rotate through torso, not arms

5. ACCESSORY

- Bulgarian Split Squat — 3×8/side
 - Half-Kneeling DB Press — 3×8/side
-

6. Optional Conditioning

Bike or row intervals:

- 30 sec work / 60 sec rest × 6
-
-

◆ DAY 2 — HINGE + PULL + CARRY

Intent: Posterior chain strength + grip + spinal integrity

1. Warm-Up

- Hip hinge drill — 10
 - Glute bridge — 10
 - Band rows — 15
-

2. HINGE (Choose 1)

- Romanian Deadlift
- Trap Bar Deadlift
- KB Deadlift (heavier)

4×6–10

Cue: Push hips back, maintain tension

3. PULL (Choose 1)

- Pull-Ups
- Lat Pulldown
- DB Row

4×6–10

Cue: Pull elbow toward hip, control lowering

4. CARRY (Choose 1)

- Farmer Carry
- Suitcase Carry
- Front Rack Carry

3×30–40 sec

Cue: Stay tall, resist movement

5. ACCESSORY

- Hip Thrust — 3×10
 - Face Pull — 3×12
-
-

◆ DAY 3 — FULL BODY + CONDITIONING

Intent: Integrate patterns + build work capacity

1. Strength Circuit (3–4 rounds)

(Choose 1 per category)

Squat

- Goblet Squat
- Front Squat

Push

- Push-Up
- DB Shoulder Press

Pull

- Row

Lunge

- Reverse Lunge
- Walking Lunge

Rotation

- Cable rotation

Reps: 8–12 each

2. Conditioning

Option A (Steady State)

- 20–25 min

Option B (Intervals)

- 30s on / 60s off × 8
-
-

◆ DAY 4 — DYNAMIC / ATHLETIC + MOBILITY

Intent: Introduce power + coordination

1. Power (Choose 1–2)

- Med Ball Rotational Throws — 4×4
- KB Swings — 4×10
- Box Step Jumps (low) — 3×5

Cue: Fast, explosive, full intent

2. Locomotion (Choose 1)

- Bear Crawls
- Marching drills

- Light agility
-

3. Mobility Flow (10–20 min)

- Hips
 - T-spine
 - Shoulders
-

4. Optional Recovery

- Sauna
 - Walk
-



CARDIO STRUCTURE

- 2–4 days per week
 - Mix of:
 - Steady state
 - Intervals
-



HOW THIS BUILDS MUSCLE (INTERMEDIATE LEVEL)

Muscle growth increases through:

- Progressive overload
- Increased training frequency
- Improved movement efficiency

This phase:

- Trains patterns multiple times per week
 - Uses moderate-to-heavy loads
 - Adds volume strategically
-



SAFETY

- Don't chase failure
 - Maintain form
 - Scale when needed
-



WHAT SUCCESS LOOKS LIKE

After 12 weeks:

- Noticeable strength gains
 - Improved conditioning
 - Better movement control
 - Increased confidence under load
-

FINAL MESSAGE

This phase is where:

- Strength becomes real
- Movement becomes automatic
- Confidence begins to build