

# STRENGTH TRAINING: PHASE 1

## TOTAL BODY BACK

WORKOUT 1 | DAY 1  
DATE | |

SET 1      SET 2      SET 3

5-minute warm up; treadmill

Straight leg pull-up <b>F; A, L</b>	W	R	W	R	W	R
Plate side step-up w/ front delt raise <b>L</b>						
Dumbbell flat fly <b>L</b>						

2-minute interval; run

Inverted row <b>F; A, M, S</b>						
Box jump <b>M</b>						
Dumbbell stability ball alternate press <b>M, S</b>						

2-minute interval; run

Bent-arm abdominal hanging knee raise <b>H; A, H</b>						
Dumbbell walking lunge <b>M</b>						
Dip w/ leg raise <b>M; A, M</b>						

5-minute interval; run

### FUEL CHART:

TIME	SNACK	N	L	C	B	T	CARBS
W	CARPE DIEM	[Dark Grey Bar]					
S							[Green/Orange Bar] ○
S							[Green/Orange Bar] ○
S							[Green/Orange Bar] ○
S							[Green/Orange Bar] ○
S							[Green Bar] ○
S							[Green Bar] ○
F	DREAM BIG	[Dark Grey Bar]					

NOTES