

# STRENGTH TRAINING: PHASE 1

## TOTAL BODY LEGS

WORKOUT 3 | DAY 3  
DATE | |

SET 1      SET 2      SET 3

5-minute warm up; elliptical						
Barbell front squat <b>L; A, L</b>	W	R	W	R	W	R
Bench dip <b>F</b>						
Barbell bicep curl <b>L</b>						
2-minute interval; elliptical						
Barbell overhead opposite lunge <b>L</b>						
Dumbbell decline press <b>L</b>						
Sit-up <b>H</b>						
2-minute interval; elliptical						
Dumbbell side lunge w/ hammer curl <b>L</b>						
Cable stiff-arm ground and pound <b>M</b>						
Dumbbell Bosu plank-row <b>L</b>						
5-minute interval; elliptical						

### FUEL CHART:

	TIME	SNACK	N	L	C	B	T	CARBS
<b>W</b>		<b>CARPE DIEM</b>						
<b>S</b>								
<b>S</b>								
<b>S</b>								
<b>S</b>								
<b>S</b>								
<b>S</b>								
<b>F</b>		<b>DREAM BIG</b>						

NOTES