

STRENGTH TRAINING: PHASE 1

TOTAL BODY CHEST

WORKOUT 5 | DAY 5

DATE | |

SET 1

SET 2

SET 3

5-minute warm up; jump rope

Barbell incline press L	W	R	W	R	W	R
Dumbbell step-up curl L						
Reverse grip pull-up F; A, L						

2-minute interval; jump rope

Cable squat w/ upright row and toe raise M						
Bosu cross crunch H						
Barbell tricep extension L						

2-minute interval; jump rope

Explosive medicine ball pushup						
Dumbbell reverse step lunge L, A, M						
Isometric squat H						

5-minute interval; jump rope

FUEL CHART:

	TIME	SNACK	N	L	C	B	T	CARBS
W		CARPE DIEM						
S								
S								
S								
S								
S								
S								
F		DREAM BIG						

NOTES