

STRENGTH TRAINING: PHASE 2

TOTAL BODY BACK

WORKOUT 1 | DAY 8

DATE | |

SET 1

SET 2

SET 3

5-minute warm up; run

Medicine ball behind neck pull-up w/ bent knees L; A, M	W	R	W	R	W	R
Dumbbell front step-up side delt raise L						
Cable squat row M						

2-minute interval; run

Dumbbell forward step, lunge and curl L						
Bosu bicycle H						
Dumbbell decline fly L						

2-minute interval; run

Straight leg raise F						
Barbell squat clean L; A, M						
Cable crunch w/ tricep extension H						

5-minute interval; run

FUEL CHART:

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

NOTES