

STRENGTH TRAINING: PHASE 2

TOTAL BODY LEGS

WORKOUT 3 | DAY 10

DATE | |

SET 1 SET 2 SET 3

5-minute warm up; bike

Barbell squat L	W	R	W	R	W	R
Horizontal pull-up F						
Bosu tricep pushup F; A, H						

2-minute interval; bike

Dumbbell dead lift w/ lunge L						
Dumbbell Bosu plank rear delt raise L						
Dumbbell incline press L						

2-minute interval; bike

Dumbbell Bosu squat, curl and twist L						
Barbell military press L						
Bosu v-up H						

5-minute interval; bike

FUEL CHART:

	TIME	SNACK	N	L	C	B	T	CARBS
W		CARPE DIEM	[FUEL CHART]					
S								
S								
S								
S								
S								
S								
S								
F		DREAM BIG	[FUEL CHART]					

NOTES