

STRENGTH TRAINING: PHASE 2

TOTAL BODY CHEST

WORKOUT 5 | DAY 12

DATE | |

SET 1 SET 2 SET 3

5-minute warm up; jump rope						
Barbell flat press L	W	R	W	R	W	R
Dumbbell Bosu squat w/ military press M						
V-grip pull-up F; A, L						
2-minute interval; jump rope						
Cable lunge w/ row L						
Medicine ball explosive pushup close grip F; A, F						
Decline leg raise H						
2-minute interval; jump rope						
Medicine ball overhead jumping lunge L						
Barbell nose breaker L						
Isometric dip I; A, I						
5-minute interval; jump rope						

FUEL CHART:

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

NOTES