

STRENGTH TRAINING: PHASE 3

TOTAL BODY BACK

WORKOUT 1 | DAY 15

DATE

SET 1 SET 2 SET 3

5-minute warm up; run

Explosive pull-up F; A, L	W	R	W	R	W	R
Dumbbell step-up shrug L; A, L						
Dumbbell flat press L						

2-minute interval; run

Barbell row M						
Barbell lunge L						
Decline bench sit-up H						

2-minute interval; run

Smith squat w/ toe raise M						
Dumbbell incline curl L						
Dumbbell Bosu pushup side plank L						

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