

STRENGTH TRAINING: PHASE 3

TOTAL BODY LEGS

WORKOUT 3 | DAY 17

DATE | |

SET 1

SET 2

SET 3

5-minute warm up; AMT

| | | | | | | |
|--|---|---|---|---|---|---|
| Barbell squat w/ pulse L | W | R | W | R | W | R |
| Inverted military press F; A, L | | | | | | |
| Vertical running H | | | | | | |

2-minute interval; AMT

| | | | | | | |
|--------------------------------|--|--|--|--|--|--|
| Plate lunge and twist L | | | | | | |
| Side pull-up F; A, L | | | | | | |
| Explosive dip F; A, L | | | | | | |

2-minute interval; AMT

| | | | | | | |
|--|--|--|--|--|--|--|
| Dumbbell plie´ squat H | | | | | | |
| Bent-arm hanging oblique raise M; A, M | | | | | | |
| Dumbbell bench plank concentration curl L | | | | | | |

5-minute interval; AMT

FUEL CHART:

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

NOTES