

STRENGTH TRAINING: PHASE 3

TOTAL BODY CHEST

WORKOUT 5 | DAY 19

DATE | |

SET 1

SET 2

SET 3

5-minute warm up; jump rope

Barbell decline press L	W	R	W	R	W	R
Dumbbell Bosu squat w/ front delt raise M						
V-up H						

2-minute interval; jump rope

Plate 2-way step-up w/ isometric bicep curl L						
Dumbbell incline fly L						
Dumbbell Bosu plank tricep extension L						

2-minute interval; jump rope

Bosu abdominal toe touch M						
Medicine ball pushup close grip w/ jump M						
Isometric chin-up 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								
F		DREAM BIG						

NOTES