

Progressive Strength-Training Plan: Phase 1 Week 3

Commit to one, but ideally two, sessions! —Coach Jess

WARMUP:

🕒 6 min AMRAP

- 8 reps inchworm
- 16 reps good morning
- 20 reps air squat

STRENGTH BLOCK #1:

🕒 6 rounds | 🕒 75 sec on, 1 min off | ⓘ Use the same weight that you used in Week 1, but for a longer period of time.

- Dumbbell front squat

STRENGTH BLOCK #2:

🕒 3 rounds | 🕒 1 min rest between rounds | ⓘ Try to go heavier than last week if possible.

- 12 reps dumbbell split squat (per side)
- 12 reps lateral lunge (per side)
- 12 reps dumbbell Romanian deadlift

CORE STRENGTH:

🕒 5 min AMRAP

- 12 reps shoulder tap (per side, alternating)
- 12 reps toe touch
- 12 reps low boat high boat

FULL-BODY FINISHER:

🕒 6 rounds for time | ⓘ Try to come as close to your Week 2 finishing time as possible with the same 6 min on the clock but two more reps per movement.

- 10 reps push-up
- 10 reps burpee
- 10 reps jump squat