

## Progressive Strength-Training Plan: Phase 1 Week 4

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

### WARMUP:

⌚ **10 rounds** | ⓘ Instead of an AMRAP clock, flow through the exercises for 10 rounds moving as quickly and efficiently as possible.

- 5 reps inchworm
- 5 reps good morning
- 10 reps air squat

### STRENGTH BLOCK #1:

⌚ **6 rounds** | ⌚ **1 min on, 1 min off** | ⓘ Try to go heavier than you did before.

- Dumbbell front squat

### STRENGTH BLOCK #2:

⌚ **3 rounds** | ⌚ **1 min off between rounds** | ⓘ The highest volume in this block yet!

Try to use the same weights as you did for Week 2.

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

### CORE STRENGTH:

⌚ **5 min AMRAP** | ⓘ Your goal is to get more rounds done this week!

- 20 reps shoulder tap (per side, alternating)
- 15 reps toe touch
- 10 reps low boat high boat

### FULL-BODY FINISHER:

⌚ **5 rounds for time** | ⓘ It's the same as Week 1; try to go faster this week!

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