

Progressive Strength-Training Plan: Phase 2 Week 1

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

WARMUP:

☉ **3 rounds** | ⌚ **30 sec per movement** | ❌ **no rest between rounds/exercises**

- jumping jacks
- inchworm walkouts
- shoulder taps
- glute bridge hold

STRENGTH BLOCK #1:

☉ **4 rounds** | ⓘ Complete a round then rest 60 sec before starting the next one.

- 12 goblet squats
- 12 dumbbell Romanian deadlifts
- 12 dumbbell push press

STRENGTH BLOCK #2:

☉ **4 rounds** | ⓘ Complete a round then rest 60 sec before starting the next one.

- 12 push-ups
- 12 dumbbell renegade rows (alternate, 6 per side)
- 12 dumbbell or bodyweight alternating reverse lunges (total)

CORE STRENGTH:

☉ **4 rounds** | ⌚ **30 sec per movement** | ❌ **no rest between rounds/exercises**

- dumbbell or bodyweight Russian twists
- bicycles
- rolling blanks

FULL-BODY FINISHER:

⌚ **for time: 20 - 15 - 10** | ⓘ Complete 20 reps of both movements, then 15 reps and 10; set a clock and move as quickly as possible with good form; record your time.

- dumbbell thrusters
- up-downs