

Progressive Strength-Training Plan: Phase 2 Week 2

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

WARMUP:

⌚ **2 rounds** | ⌚ **45 sec per movement** | ❌ **no rest between rounds/exercises**

- jumping jack
- inchworm
- shoulder tap
- glute bridge hold

STRENGTH BLOCK #1:

⌚ **5 rounds** | ⓘ Complete one round then rest 1 min before starting the next.

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

STRENGTH BLOCK #2:

⌚ **5 rounds** | ⓘ Complete one round then rest 1 min before starting the next.

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

CORE BLASTER:

⌚ **3 rounds** | ⌚ **45 sec per movement, 15 sec rest**

- dumbbell or bodyweight Russian twist
- bicycle
- rolling blank

FULL-BODY FINISHER:

⌚ **for time: 25 - 20 - 15** | ⓘ Complete 25 reps of both movements, then 20 and 15; set a clock and move as quickly as possible with good form; record your time.

- dumbbell thruster
- up-down