

Progressive Strength-Training Plan: Phase 2 Week 3

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

WARMUP:

☉ **4 rounds** | ⌚ **20 sec per movement** | ❌ **no rest between rounds/exercises**

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

STRENGTH BLOCK #1:

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

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

STRENGTH BLOCK #2:

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

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

CORE BLASTER:

☉ **5 rounds** | ⌚ **20 sec per movement, 10 sec rest**

- dumbbell or bodyweight Russian twist
- bicycle
- rolling blank

FULL-BODY FINISHER:

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

- dumbbell thruster
- up-down