

## Progressive Strength-Training Plan: Phase 2 Week 4

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

### WARMUP:

⌚ **2 rounds** | ⌚ **60 sec per movement** | ❌ **no rest between rounds/exercises**

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

### STRENGTH BLOCK #1:

⌚ **4 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:

⌚ **4 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:

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

- dumbbell or bodyweight Russian twist
- bicycle
- rolling blank

### FULL-BODY FINISHER:

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

- dumbbell thruster
- up-down