

Progressive Strength-Training Plan: Phase 1 Week 1

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

WARMUP:

🕒 5 min AMRAP

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

STRENGTH BLOCK #1:

🕒 5 rounds | 🕒 1 min on, 1 min off

- Dumbbell front squat

STRENGTH BLOCK #2:

🕒 3 rounds

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

CORE STRENGTH:

🕒 5 min AMRAP

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

FULL-BODY FINISHER:

🕒 5 rounds for time

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