

## Progressive Strength-Training Plan: Phase 1 Week 2

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

### WARMUP:

#### 🕒 6 min AMRAP

- 6 reps inchworm
- 12 reps good morning
- 18 reps air squat

### STRENGTH BLOCK #1:

🕒 5 rounds | 🕒 45 sec on, 1 min off | ⓘ Try to go heavier than Week 1 if possible.

- Dumbbell front squat

### STRENGTH BLOCK #2:

🕒 4 rounds | 🕒 1 min rest between rounds | ⓘ Try to go heavier than Week 1 if possible.

- 8 reps dumbbell split squat (per side)
- 8 reps lateral lunge (per side)
- 12 reps dumbbell Romanian deadlift

### CORE STRENGTH:

#### 🕒 6 min AMRAP

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

### FULL-BODY FINISHER:

🕒 6 rounds for time | ⓘ Try to come close to your Week 1 finishing time with one more round but less reps than last week.

- 8 reps push-up
- 8 reps burpee
- 8 reps jump squat