

Finding Strong

Week 1-3

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UPPER BODY

Alternate DB chest press 3 x 15

DB single-arm bent-over row 3 x 15

Push Ups 3 x 6

Cable seated one-arm row 3 x 15

Wide-grip lat pull-down 3 x 15

Decline pull-overs 3 x 15

DB alternating shoulder press 3 x 15

LEGS

DB turning step-ups 3 x 10

DB single-leg deadlift 3 x 15

DB walking lunges 3 x 10

CORE

Supermans 3 x 15

Knee-ins on BOSU 3 x 12

Plank 3 x 30 sec

Leg raise 3 x 10 (no more than 12" off ground)

Quadrupeds 3 x 12 (3 sec. hold)

SS – Superset

DB – Dumbbell

BB – Barbell

alt – Alternate

3 x 15 – sets x reps