

BUILDING A STRENGTH PROGRAM 3

The exercises here are simple and stable for a reason – the goal is to challenge your weight with each set (rep counts decrease to accommodate).

Do **set 1** of each exercise in A before resting and starting the second round of A. After 3 rounds, move to B in the same format, then C. *For single-side exercises, rep count is PER SIDE, e.g. 3 x 8 = 8 reps per leg.*

foam roll, stretch, + hip/core warmup encouraged

CIRCUIT	EXERCISE	SETS/REPS	NOTES
A	goblet squat	12 10 8	press through whole foot
	knee-supported row	12 10 8	core tight, broad chest
	overhead dead bug	3 x 12	moderate weight, back flat, don't let feet turn out
	deep squat	3 x 4 (0:05 iso)	light weight as counterweight, slow breathing, 5s hold at bottom

minimal rest, 3 rounds

CIRCUIT	EXERCISE	SETS/REPS	NOTES
B	staggered deadlift	12 10 8	flat foot is the working leg, broad chest, push down through foot to move
	dumbbell chest press	12 10 8	core tight/ribs down
	side plank	3 x 0:30	hips up high
	snow angel	3 x 6	keep ribs down, aim to keep elbows/wrists/knuckles in contact with ground as you slide up and down

minimal rest, 3 rounds

CIRCUIT	EXERCISE	SETS/REPS	NOTES
C	overhead triceps extension	3 x 12	core tight/ribs down
	curl and press	3 x 12	soft knees, palms up
	hollow hold	3 x 0:30	back flat

minimal rest, 3 rounds

Fitness Routines Explained For Small Business 44 2842
Fitness Routines

Jiyuan Zhang



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