

Starting Strength - Workout 1

Circuit 1 - 3 Rounds - 12-10-8 reps

Front squat



Incline sit-up



Incline bench press



Bent over row to Romanian deadlift



Circuit 2 - 3 Rounds - 12-10-8 reps

Straight arm pullover



Lying leg raise



Bicep curl



Reverse lunge to step up (8-7-6 each side)



Circuit 3 - 3 Rounds - 12-10-8 reps

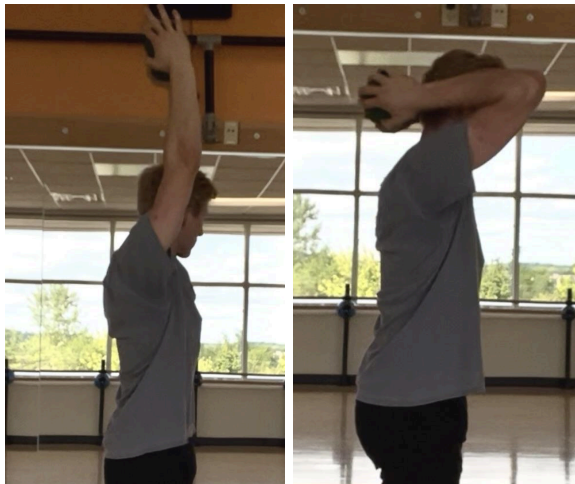
Sumo deadlift



Dumbbell lateral raise



Overhead tricep extension



Curtsy lunge (8-7-6 each side)



Round 4 - Rest Pause Sets - 20 Reps Each

Pick a weight that is challenging for 10 reps.

Perform 10 reps, then rest until you can perform another 3 to 5 reps.

Repeat until you have performed 20 total reps, then move on to the next exercise.

You only need to do one round of each exercise!

Pushups



Calf raise



Dumbbell fly



Russian twists (20 each side)

