

Starting Strength - Workout 2

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

Bent over row to Romanian deadlift



Cossack squat or split squat



Bicep curl



Pushup



Circuit 2 - 3 rounds - 8-7-6 each side

Bicycle crunch



Curtsy lunge



Dumbbell rainbow

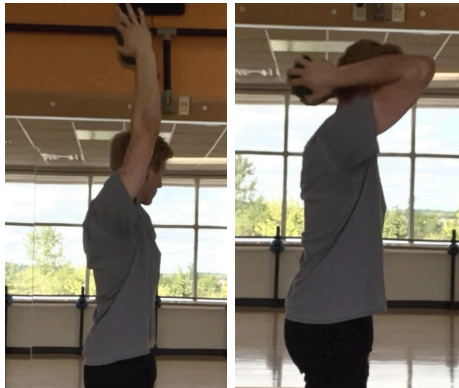


Reverse lunge to step up



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

Overhead tricep extension



Dumbbell fly



Straight arm pullover



Calf raise



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 each exercise once!

Russian twists



Lying leg raise



Sumo deadlift



Cuban press

