

Starting Strength - Workout 3

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

Pushup to downward dog



Sumo deadlift



Cuban Press

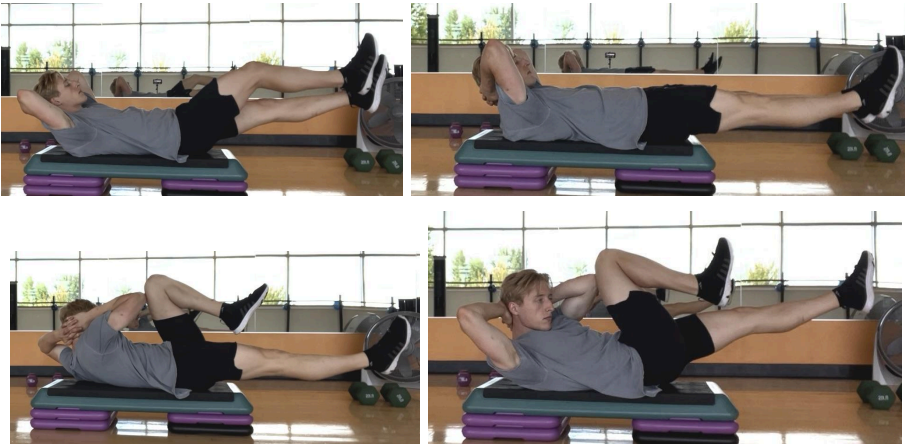


Bicep curl



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

Bicycle Crunch



Cossack squat or Split squat



Single leg RDL



Side bends



Round 3 - 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!

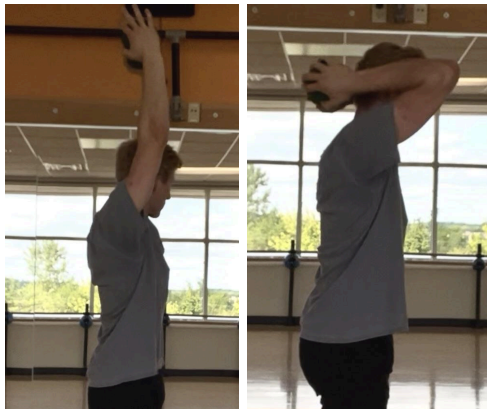
RDL + Shrug



Calf raise



Overhead tricep extension



Lateral raise



Circuit 4 - 3 Rounds - 12-10-8 reps

Incline pullover



Incline situp



Incline fly



Front squat

