

Starting Strength - Workout 4

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

Dumbbell lateral raise



Incline Skullcrusher to pullover



Incline situp



Sumo squat

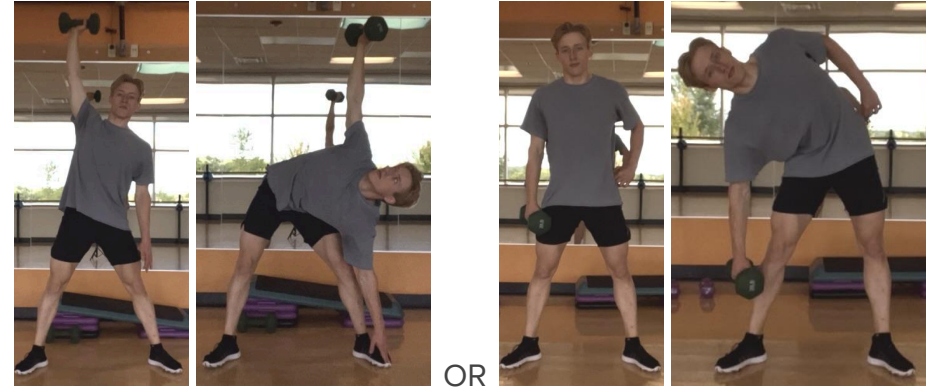


Circuit 2 - 3 rounds - 8-7-6 each side

Reverse lunge to step up



Dumbbell windmill OR sidebend



Mountain climbers



Single leg glute bridge



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!

Bicep curl



Russian twists



Cuban press



Overhead tricep extension



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

Front squat to overhead press



V-ups OR Lying leg raise



Calf raise



Bent over row to RDL

