

Strength Lifting Day

1. Leg Progression (choose one per phase)
 - a. Barbell Back Squat
 - b. Barbell Front Squat
 - c. Barbell Clean Deadlift
2. Barbell Romanian Deadlift (RDL)
3. Single-Leg Choice (choose one per phase)
 - a. Forward Step Lunge
 - b. Walking Lunge
4. Pushing Progression (choose one per phase)
 - a. Barbell Bench Press
 - b. Barbell Incline Bench Press
 - c. Dumbbell Bench Press
 - d. Dumbbell Incline Bench Press
5. Triceps Choice
 - a. Triceps Pushdown
6. Abdominals Choice
 - a. Heel Touches