



# Strength Training Program #1

## Full Body

### Warm Up Routine

- TRX Hinges
- TRX Squats
- TRX Rows
- TRX Press/Angled push ups

### Workout One - Beginner

1. Medicine Ball Hinges
2. Bodyweight Squats
3. DB Single-Arm Rows
4. DB Chest Press - Flat Bench

### Workout Two - Intermediate

1. KB Deadlifts
2. Single-Leg Toe Touches
3. Single KB Squats
4. Alternating Back Lunges
5. DB Single-Arm Rows
6. Bicep Curls
7. DB Chest Press - Flat Bench
8. Overhead Tricep Extensions
9. DB Seated Back Flys

### Workout Three - Level Up!

1. BB Romanian Deadlifts
2. BB Back Squat
3. KB Single-Leg RDL
4. Front/Back/Curtsy Lunges
5. Standing DB or BB Rows
6. Seated Incline Bicep Curls - Incline Bench
7. DB Chest Press - Incline Bench
8. DB or KB Pullovers
9. Shoulder Levers