WORKOUT B - 25 MINUTES

Muscle-building focus - Rest enough to make the muscles, not your lungs, the limiting factor

TIME	EXERCISE	SETS x REPS	REST / NOTES
0-3 min	**Warm-up**	-	10 squats - hip hinges - arm circles - 10 light DB RDLs
3-9 min	**DB Romanian Deadlift**	3 x 8-12	~90 sec between sets
9-15 min	**DB Overhead Press**	3 x 8-12	~90 sec between sets
15-22 min	**Goblet Squat**	3 x 8-12	~90 sec between sets
22-25 min	**DB or Band Curl**	2 x 10-15	45-60 sec between sets

EFFORT RULE

Working sets should end with ~1-3 good reps left. If you could easily do 5 more reps, increase the weight. Good form comes first.

PROGRESSION

Stay at the same weight until you can reach the top of the rep range with good form. Example: **40 lb overhead press: 10/9/8 -> 11/10/9 -> 12/12/12 -> increase weight.**

TODAY'S LOG

EXERCISE	WEIGHT	SET 1	SET 2	SET 3
DB Romanian Deadlift	_____	_____	_____	_____
DB Overhead Press	_____	_____	_____	_____
Goblet Squat	_____	_____	_____	_____
DB / Band Curl	_____	_____	_____	-

Goal: strength up waist down body weight roughly stable

Tip: write down every working set. Next Workout B, try to add a rep or increase the weight when you've earned it.