

Name: \_\_\_\_\_

Trainer: \_\_\_\_\_

Date: \_\_\_\_\_

## REAL TIME WEEK 4 // Workout #3: Strength // 60/15 X 3

	<b>SET 1</b>		<b>SET 2</b>		<b>SET 3</b>	
	Weight	Time/Reps	Weight	Time/Reps	Weight	Time/Reps
1. Weights - 2 Dead Lift, 2 Row						
2. Weight - 2 Chops R/L						
3. 2 Bridges, 2 Crunches						
4. 2 Alternating Mountain Climber To Side Plank R/L						
5. Bench - 2 Sumo Squats R/L						
6. Weights- 2 Chest Press, 2 Flys						
2 Minute Core: 2x						
2 Side Plank Holds , 2 Side Plank Dips R/L						