

a Foodie Stays Fit

RUNNING 101 BONUS

TERI'S 3 FAVORITE STRENGTH WORKOUTS

WORKOUT #1

6x5 front squats (use a moderately difficult weight!)

3x15 tricep pulldowns

3x15 bicep curls

5 rounds for time:

- 10 kettlebell swings
- 10 sumo deadlift kettlebell high pulls
- 10 slam balls

3 rounds:

- 20 hamstring curls on ball
- 50 clamshells each side
- 20 single leg glute bridges each side

WORKOUT #2

3 rounds x 12 reps of each:

- kettlebell swings
- push-ups (as many from your toes as possible)
- jump squats

3 rounds x 12 reps of each: (15-20# dumbbell in each hand)

- Overhead tricep press
- Forward Lunges (12 each leg)
- Bicep curls
- Upright rows
- Reverse Lunges

WORKOUT #3

3 rounds:

- 3x8 single leg deadlift (15-20# dumbbell in each hand)
- 3x12 chest press (10-20# db in each hand)
- 20 Russian twists (10# ball)

3 rounds:

- 12 front squats (holding 15-20# dumbbells)
- 12 overhead press (holding 15-20# dumbbells)
- 8 tricep dips with weight on lap
- 20 single leg glute bridges each side

FINISH WITH ABS

45 sec each:

- weighted sit up (use ball or dumbbell)
- bicycle crunches
- toe taps (lie on your back with knees at 90 degrees and tap your toes to the floor and bring them back in)
- toe reaches (put your legs straight up and reach for your toes, raising your shoulder blades off the ground)
- cross cross scissor kicks (vertical and horizontal)
- 45 sec plank hold

Repeat 2-3x as you increase in strength!

OR [Oiselle Dirty Dozen](http://www.oiselledirtydozen.com)

