

KAYAKING STRENGTH TRAINING WORKOUT PHASE 2

EXERCISES	SETS	REPS/TIME	DATE	DATE	DATE	DATE	DATE	DATE	DATE
JOG IN PLACE JUMPING JACKS	1	:30 :30	BW	BW	BW	BW	BW	BW	BW
JOG IN PLACE SPEED SQUATS	1	:30 :30	BW	BW	BW	BW	BW	BW	BW
JOG IN PLACE BERPIES	1	:30 :30	BW	BW	BW	BW	BW	BW	BW
JOG IN PLACE MOUNTAIN CLIMBERS	1	:30 :30	BW	BW	BW	BW	BW	BW	BW
JOG IN PLACE PUSH-UPS	1	:30 :30	BW	BW	BW	BW	BW	BW	BW
BARBELL SQUAT	2	8 - 12							
FRONT SQUAT	2	8 - 12							
DUMBBELL LUNGE	2	8 - 12							
DUMBBELL SL STRAIGHT LEG DEADLIFT	2	8 - 12							
WEIGHTED DUMBBELL PRESS WITH STABILITY	2	8 - 12							
WEIGHTED CABLE ROW	2	8 - 12							
WEIGHTED PRONE "Y"	2	8 - 12							
WEIGHTED PRONE "T"	2	8 - 12							
WEIGHTED HAMMER CURL	2	8 - 12							
WEIGHTED OVERHEAD TRICEP EXTENSION	2	8 - 12							
FRONT PLANK	2	:30 - :60	BW	BW	BW	BW	BW	BW	BW
RIGHT PLANK	2	:30 - :60	BW	BW	BW	BW	BW	BW	BW
LEFT PLANK	2	:30 - :60	BW	BW	BW	BW	BW	BW	BW
SUPERMAN	2	:30 - :60	BW	BW	BW	BW	BW	BW	BW
AB CRUNCH	2	20 - 40	BW	BW	BW	BW	BW	BW	BW
AB REACH	2	20 - 40	BW	BW	BW	BW	BW	BW	BW
RUSSIAN TWIST	2	:30 - :60	BW	BW	BW	BW	BW	BW	BW
PRONE BIRD DOG	2	20 - 40	BW	BW	BW	BW	BW	BW	BW