

KAYAKING STRENGTH TRAINING WORKOUT PHASE 3

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
WEIGHTED HANG CLEAN	2	5 - 8							
WEIGHTED SNATCH	2	5 - 8							
WEIGHTED DEADLIFT	2	5 - 8							
WEIGHTED STRAIGHT LEG DEADLIFT	2	5 - 8							
WEIGHTED BENCH PRESS	2	5 - 8							
WEIGHTED DUMBBELL RENEGADE ROW	2	5 - 8							
WEIGHTED PRONE "Y"	2	15 - 20							
WEIGHTED PRONE "T"	2	15 - 20							
WEIGHTED BICEP CURL	2	15 - 20							
WEIGHTED SUPINE TRICEP EXTENSION	2	15 - 20							
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