



STRENGTH **2 Time a Week Supplemental Program**

Below is a 2-times-per-week supplemental (for those training for non-strength related goals, such as 5ks, marathons, etc.) strength training program that focuses on the legs, upper body, and core:

Day 1:

1. Barbell Squats: 3 sets of 8-12 reps
2. Walking Lunges: 3 sets of 8-12 reps per leg
3. Leg Press: 3 sets of 8-12 reps
4. Standing Calf Raises: 3 sets of 8-12 reps

Day 2:

1. Bench Press: 3 sets of 8-12 reps
2. Pushups: 3 sets of 8-12 reps
3. Bicep Curls: 3 sets of 8-12 reps
4. Tricep Dips: 3 sets of 8-12 reps
5. Planks: 3 sets of 30-60 seconds

Notes:

Be sure to warm up before each workout with light cardio or joint mobility. Rest for 60-90 seconds between each set. Adjust the number of reps and sets based on your fitness level and goals. Consult with a trainer or doctor before starting any new fitness program.