

Katie's Modified Starting Strength

Monday

EXERCISE	Set #1	Set #2	Set #3
Squats (3x5) *			
Bench Press (3x5) *			
Deadlift (1x5) **			

Notes:

- * Each set should have five (5) reps in each set (3)
- ** Each Deadlift set should have one (1) rep in each set (5)

Optional:

Dips			
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Wednesday

EXERCISE	Set #1	Set #2	Set #3
Squats (3x5) *			
Military Press (3x5) *			
Barbell Row (3x5) *			

Notes:

- * Each set should have five (5) reps in each set (3)

Optional:

Chin-ups			
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Friday

EXERCISE	Set #1	Set #2	Set #3
Squats (3x5) *			
Bench Press (3x5) *			
Deadlift (1x5) **			

Notes:

- * Each set should have five (5) reps in each set (3)
- ** Each Deadlift set should have one (1) rep in each set (5)

Optional:

Dips			
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