

# Full Body Strength

Sohee Lee, MS, CSCS\*D



# About Sohee:

Sohee Lee, MS, CSCS\*D is an evidence-based health and fitness coach whose sustainable, compassionate approach to strength training and nutrition has attracted a huge following. She is an outspoken advocate of behavior change and habit formation, and uses her platform to educate the general population about how health and fitness can be part of a well-balanced, fulfilling life.

Sohee regularly calls out toxic diet culture trends, misguided stigmas, and harmful practices within the industry, and believes that health and fitness is never one-size-fits-all.

She is committed to continuing

education (Sohee has a Masters in Psychology and is currently pursuing her PhD in sports science) and maintains that first-hand experience, empathy, and strong communication skills are key to being a fantastic coach.

Sohee's coaching team, **eat.lift.thrive**, is the embodiment of these same values. Each client's starting point and trajectory is unique, which requires compassion, empathy, and customized protocols. All behavior change tactics, habits, and tools are tailored to the individual with the overarching goal of creating a sustainable framework that allows them to live life on their own terms.





# About Full Body Strength:

Full Body Strength is a structured program that emphasizes fundamental compound movements. This is your best bet for gaining strength, building muscle, and changing your body composition. This full body strength training workout is a sample of what Sohee's lifting sessions typically look like – and what you can expect from one of her many expertly designed programs. You'll notice that it focuses on movement quality, improvement in form, and gaining strength over time, rather than

burning calories or chasing fatigue. Take a few minutes to perform a dynamic warm-up before jumping into a strength training session. This will help get your body warm and prime the muscles you'll be loading during the workout. No need to drag it out – somewhere around 5 minutes will do. If you're not sure what to do, try the **warmup below**.

# How to Perform This Workout:

The workout below should be repeated every week with the goal of increasing reps, going up in load (lifting more weight), and / or improving form.

Here is a video of Sohee demonstrating and explaining the full workout from start to finish.



You'll notice that each exercise in the program is preceded by a letter (A through E). If you see a letter

with no number next to it, complete all sets and reps for that exercise before moving onto the next one. For example, "A." in this program refers to the back or front squat. You'll complete 3 sets of 5-8 reps, resting 3 minutes between sets, before moving onto "B." (pull-ups).

A superset is performing two exercises back to back. In this program, you'll see "C1." (deadlift) and "C2." (push-up). You'll perform one set of deadlifts, rest 30 seconds

A woman with dark hair tied back is shown from the chest up, lifting two black dumbbells. She is wearing a light blue long-sleeved top. The background shows a gym setting with a rack of dumbbells.

# Warmup

Open book x10ea

Supine angel x10ea

Deadbug x10ea

Quadruped adductor hinge x10ea

Bear squat x10

Half-kneeling windmill x10ea



# Workout

	EXERCISE	SETS x REPS	REST	VIDEOS
A.	Back squat <sup>1</sup>	3x5-8	3min	DEMO WT
B.	Pull-up <sup>2</sup>	3xAMRAP	3min	DEMO WT
C1.	Deadlift <sup>3</sup>	2x5-8	30s	DEMO WT
C2.	Push-up <sup>4</sup>	2x5-8	2min	DEMO WT
D.	Pause DB Bulgarian split squat (2-second pause)	2-3x6-10ea	2min	DEMO WT
E.	1-arm lat pulldown <sup>5</sup>	2-3x6-10ea	90s	DEMO WT

<sup>1</sup>Alternative: front squat (demo, WT)

<sup>2</sup>Alternative: eccentric-only pull-up (demo, WT) 2-3 reps, inverted row (demo, WT) 5-8 reps

<sup>3</sup>Alternative: sumo deadlift (demo, WT), trap bar deadlift (demo, WT)

<sup>4</sup>Alternative: torso-elevated push-up (demo, WT), weighted push-up (demo, WT)

<sup>5</sup>Alternative: prone 1-arm band lat pulldown (demo, WT)

# Whats Next

Congrats! You've completed your workout, but you're probably wondering whats next? Don't worry, I've got you covered, and you've got plenty of options!

If you're ready for an entire YEAR of workouts for gym and home, you can purchase *Year of Strength* for only \$69 USD.

I've also got options for those of you that would like more guidance:

**Lift with Sohee:** My signature monthly subscription, including a private Facebook group for support and form checks for only \$23 USD per month or \$159 USD per year.

**Customized training programs:**

We can work around any injuries, restrictions, and equipment available.

**One-on-One Coaching:** Our most comprehensive support, you'll work with a coach virtually 1-1 to reach your goals.

Join me in my **FREE** Facebook community [HERE](#).

I hope you'll also join me on my socials! I frequently post about all things mindset, nutrition, and training.

**@soheefit**

