

Set 1

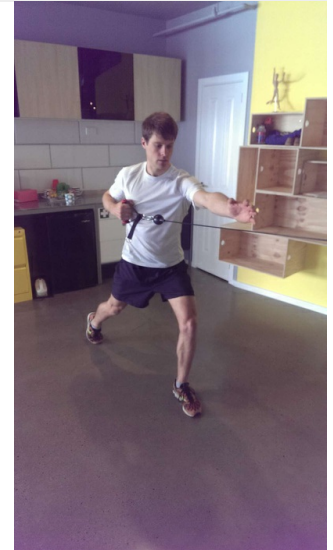
Split Squat Cable Row

Sets: 3 | Reps: 8-10 | Load: 13kg

- Stand in split stance at bottom of lunge (knee just above floor), left leg forward, hold cable in right hand
- Pull cable in slightly downwards direction towards lower ribs as you rise from lunge
- Keep hips still, let your shoulders rotate if they want to

Tips:

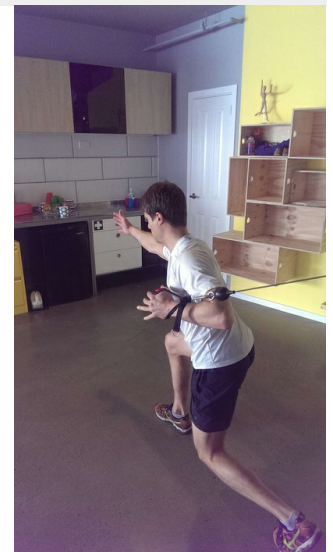
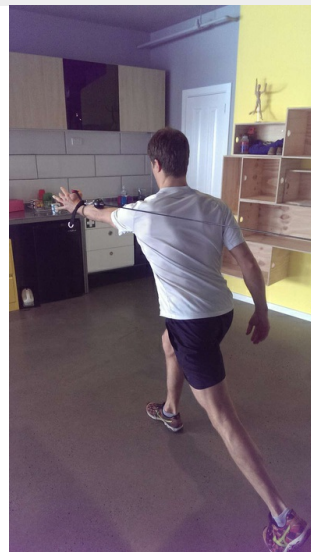
- Lower back knee towards ground
- Stay tall
- 80% weight on front foot
- Opposite foot forward



Split Squat Single Arm Cable Push

Sets: 3 | Reps: 8-10 | Load: 8kg

- Stand with left leg forward, holding cable in right hand
- Drop down into lunge, pushing cable forwards on way up
- Keep hips still, let your shoulders rotate if they want to



Reverse Lunge + Lat Pull (Pulley)

Sets: 3 | Reps: 8-10 | Load: 26kg

Preparation:

- Stand with good posture
- Hold tubing or pulley bar in both hands overhead

Execution:

- Lunge backwards
- Simultaneously pull tubing or pulley bar down to your body



Start position



Reverse lunge, pull to chest

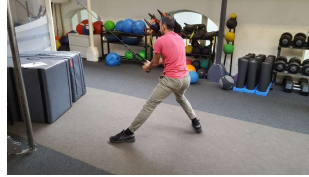
Set 2

Step into Lunge and Chop

Sets: 3 | Reps: 10-12 | Load: 15kg

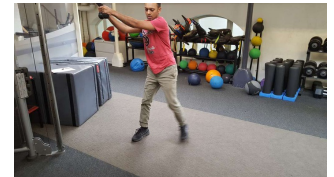
Preparation:

- Start with feet together
- Step away from cable into lunge position



Execution:

- As you lunge, pull arms down and across body, toward opposite hip
- Rise up at the hips and return arms to the start position



Split Squat Up Chop

Sets: 3 | Reps: 10-12 | Load: 6kg

Preparation:

- Start in split squat position
- Clasp handle down by your back leg with elbows straight



Execution:

- Rise partially from split squat lifting cable up at same time
- Rotate through shoulders as feels natural