Stabilizer & Antagonist Training

Min. 8-12 sets

3min rest between sets

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Wrist (pp.133) | Sets | Reps | Last Weight |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Reverse Wrist Curl | 2 | 1)25-30  2)10-15 | 1)Stange  2)2x1,25 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Wrist Extension Isometric | 2 | 45-60s |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Pronator Isolation | 1 | 20-25 | 400g Hammer |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Rotatory & Scapular (pp.138)** | **Sets** | **Reps** | **Last Weight** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Dumbbell Internal Rotation | 2 | 20-25 | 2x1,25 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Dumbbell External Rotation | 2 | 20-25 | Stange |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Scapular Push-up | 2 | 20 | No weight |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Antagonist (pp.143)** | **Sets** | **Reps** | **Last Weight** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Shoulder Press | 2 | 15-20 | 2x1,25 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Bench Press | 2 | 15-20 | 2x3,75 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Dips | 2-3 | 8-20 | No weight |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |