

Fri, Dec 18

## Stabilization Endurance Cycle 1 Day 3



### Warmup

Foundation 1:

Complete 1 round as a super-set:

1 Founder Flow

10 repetition Anchored Back Extension

3-5 breath Adductor Assisted Back Extension Hold

1 Kneeling Founder Flow

1 Lunge Decompression per side, 3 breaths per position

Couch Stretch x 10 reps + 30 second hold,

Wall Chest Stretch x 10 reps + 30 sec hold.

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## **A1 Bent Hollow Hold**

30 second holds with max hold on final set.

## **A2 Side Arch Body Hold**

30 second holds with max hold on final set.

Rest 0-90 seconds between sets.

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## **B Strict Press**

2 sets x

12 repetitions (4121 tempo) with max reps on final set.

Build up to the heaviest weight you can complete 12 repetitions with.

If you're working with %'s, go for 12 @ 60%, 12+ @ 70% of your training max.

Perform the next set as quickly as possible, 0-90 seconds rest.

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## C Front Squat

2 sets x

20 repetitions (4121 tempo) with max reps on final set.

Perform these sets at the heaviest weight that you can complete all 60+ reps with.

If you're working with %'s, go for ~ 50% of your training max.

Perform the next set as quickly as possible, 0-90 seconds rest.

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## D1 Side Lunge

2 x 6 repetitions per side (4121 tempo) with max reps on your final set.

Too easy, grab a dumbbell.

## **D2 Dumbbell Push Press**

2 x 12 repetitions (4121 tempo) with max reps on your final set.

Perform at the heaviest weight possible.

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## **E Farmers Walk**

2 x 20 yards @ +5# to what you carried on day one.

Perform the next set as quickly as possible, 0-90 seconds rest.

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## **F Wrap-Up**

Perform as quickly as possible, with the best technique possible.

Do not sacrifice technique for speed.

20-15-10-5 reps.

Goblet Squat,

A-Skips,

Push-Up,  
B-Skips.



## Cooldown

Breathwork Cool-Down

3-5 breaths/position

Zombie Belly Breath

Child's Pose

Puppy Pose

Figure 4

Iron Cross

Corpse