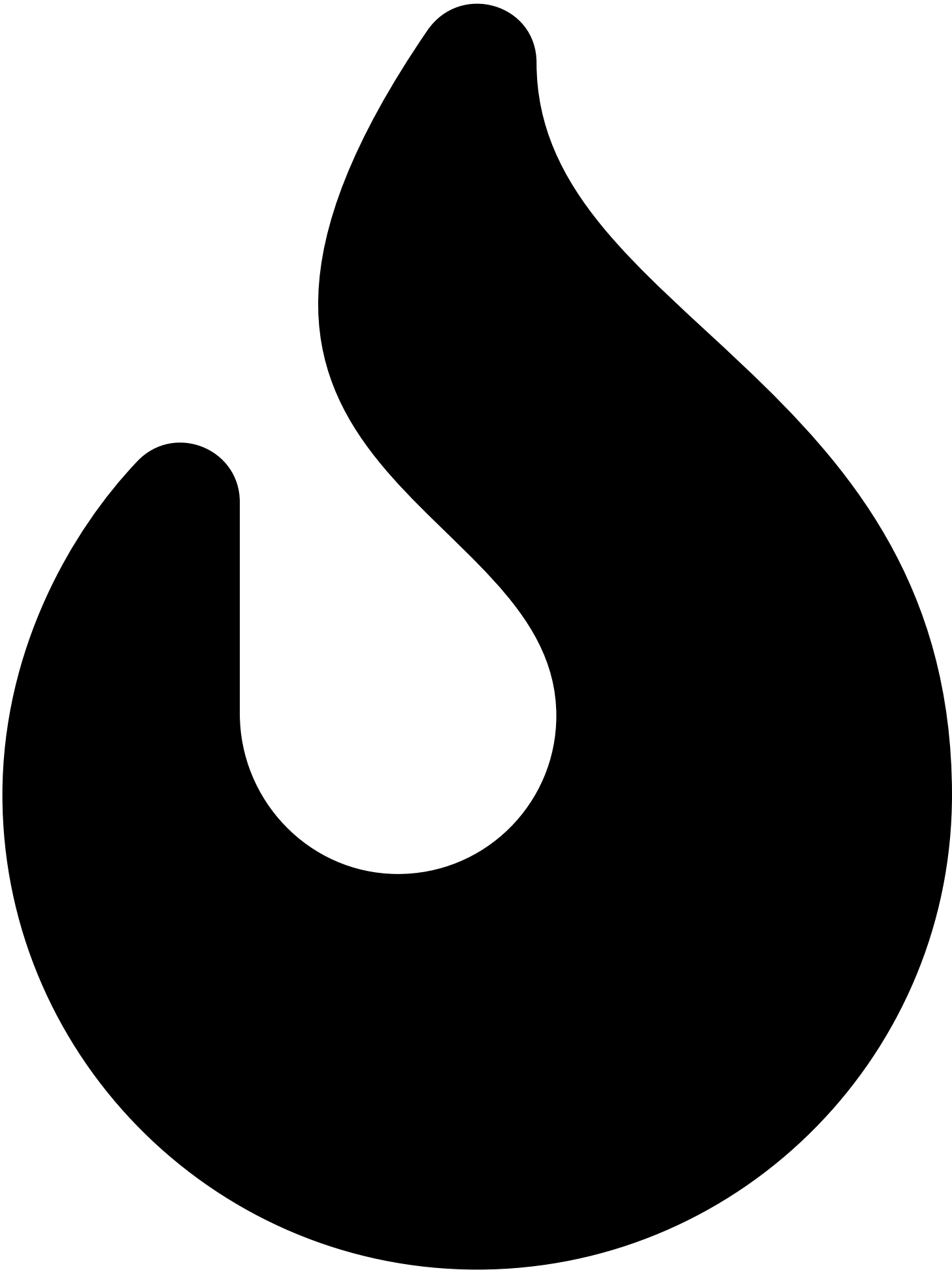


Mon, Dec 14

Stabilization Endurance Cycle 1 Day 1



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.

A1

Bird-Dog



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



A2

Deadbug



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



B

Front Squat



- Document these sets on video / photo.
-
- 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.



C

Barbell Strict Press



- Document these sets on video / photo.
-
- 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.



D1

Step-Back Lunge with Rotation



- 2 x 10 repetitions per side (4121 tempo) with max reps on your final set.
-
- Too easy, grab a dumbbell.



D2

Power Jerk



- 2 x 10 repetitions (4121 tempo) with max reps on your final set.
-
- Perform at the heaviest weight possible.



E

Farmers Walk



- 2 x 20 yards @ max weight.
- Perform the next set as quickly as possible, 0-90 seconds rest.



F

Wrap-Up



- Perform as quickly as possible, with the best technique possible. Do not sacrifice technique for speed.
-
- 20-15-10-5
- Goblet Squat,
- A-Skips,
- Push-Up,
- B-Skips.

