

⚙️

35% COMPLETE

📄 PP - W2 - Day 11 - Thursday - Capi B

BASICS - Prep Phase - Week 3

✓

📄 PP - W3 - Day 15 - Monday - Capi A

✓

📄 PP - W3 - Day 17 - Wednesday - Capi B

✓

📄 PP - W3 - Day 19 - Friday - Capi A

BASICS - Prep Phase - Week 4

✓

📄 PP - W4 - Day 22 - Monday - Circ A

✓

📄 PP - W4 - Day 24 - Wednesday - Circ B

✓

📄 PP - W4 - Day 26 - Friday - Circ A

BASICS - Prep Phase - Week 5

✓

📄 PP - W5 - Day 29 - Monday - Circ A

✓

📄 PP - W5 - Day 30 - Tuesday - Capi A

✓

📄 PP - W5 - Day 32 - Thursday - Circ B

✓

📄 PP - W5 - Day 33 - Friday - Capi B

BASICS - Explanations of Phase 1

✓

📺 What - Why - How (1:41)

PP - W2 - Day 11 - Thursday - Capi B

START

EX.2

EX.3

EX.4

4

PIKE WALK

10

20RM

2

2



60s

REST FOR 90 SEC

START

EX.2

EX.3

EX.4

4


EASY BRIDGE RAISE

10

20RM

2

2



60s

REST FOR 90 SEC

START

EX.2

EX.3

EX.4

4

LUNGES

10

20RM

2

2



60s

REST FOR 90 SEC

START

EX.2

EX.3


EX.4

4

PLANK

10

80 SEC HOLD



60s