

⚙️

← Previous Lecture

Complete and continue →

35% COMPLETE

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)

Exercise Explanations (24:47)

BASICS - Phase 1 - Test Week 6

Phase 1 - Test Evaluation Sheet Download

P1 - TW6 - Day 37 - Tuesday - Test

📄 PP - W3 - Day 19 - Friday - Capi A

START

EX.2

EX.3

EX.4

4

HORIZONTAL PUSH

10

20RM

2

2

60s

REST FOR 90 SEC

START

EX.2

EX.3

EX.4

4

HORIZONTAL PULL

10

20RM

2

2

60s

REST FOR 90 SEC

START

EX.2

EX.3

EX.4

4

SQUAT

10

20RM

2

2

60s

REST FOR 90 SEC

START

EX.2

EX.3

EX.4

4

HOLLOW BODY CRUNCH

10

20RM

2

2

60s