

35% COMPLETE

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 1-1

P1 - TW6 - Day 39 - Thursday - Test 1-2

BASICS - Phase 1 - Week 7

P1 - W7 - Day 43 - Monday - 1A

P1 - W7 - Day 45 - Wednesday - 1B

P1 - W7 - Day 47 - Friday - 1A

BASICS - Phase 1 - Week 8

PP - W5 - Day 30 - Tuesday - 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

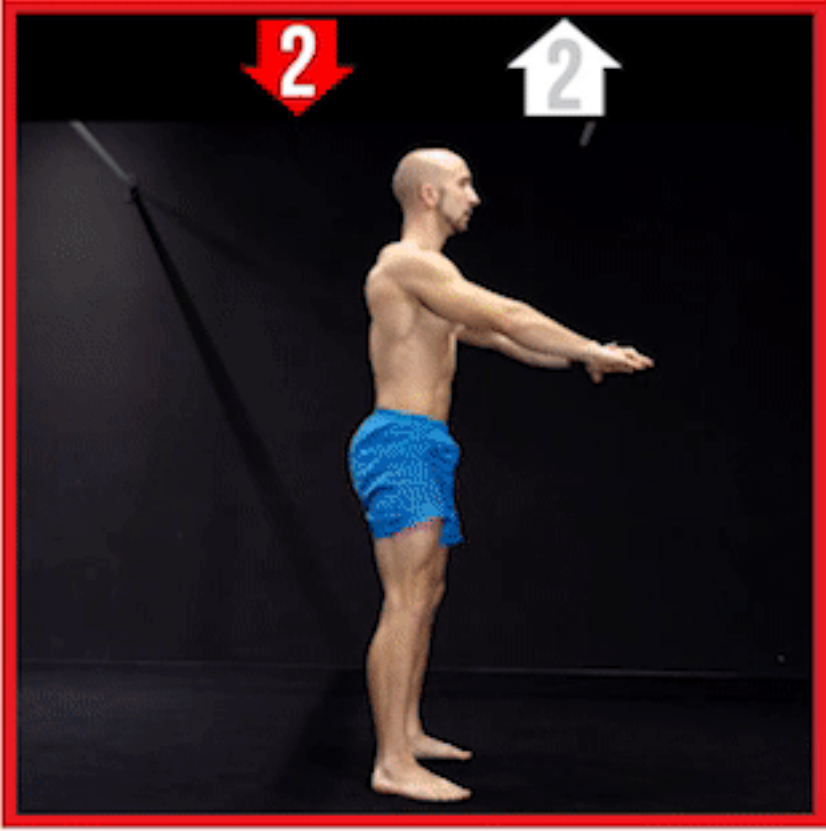
SQUAT

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