

⚙️

35% COMPLETE

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 1-1

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

BASICS - Phase 1 - Week 7

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

START EX.2 EX.3 EX.4 EX.5

HORIZONTAL PUSH


10

4

20RM

2

1



15s

AM

START EX.2 EX.3 EX.4 EX.5


HORIZONTAL PULL

10

20RM

2

2



15s

AM

START EX.2 EX.3 EX.4 EX.5

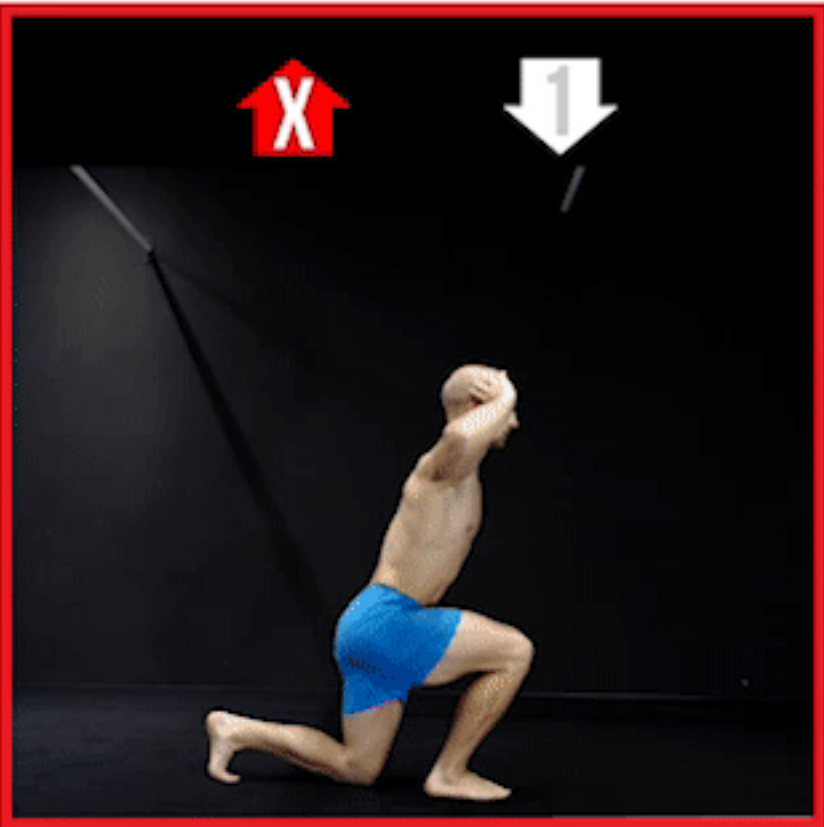
JUMPING LUNGES

10

20RM

X

1



15s

AM

START EX.2 EX.3 EX.4 EX.5

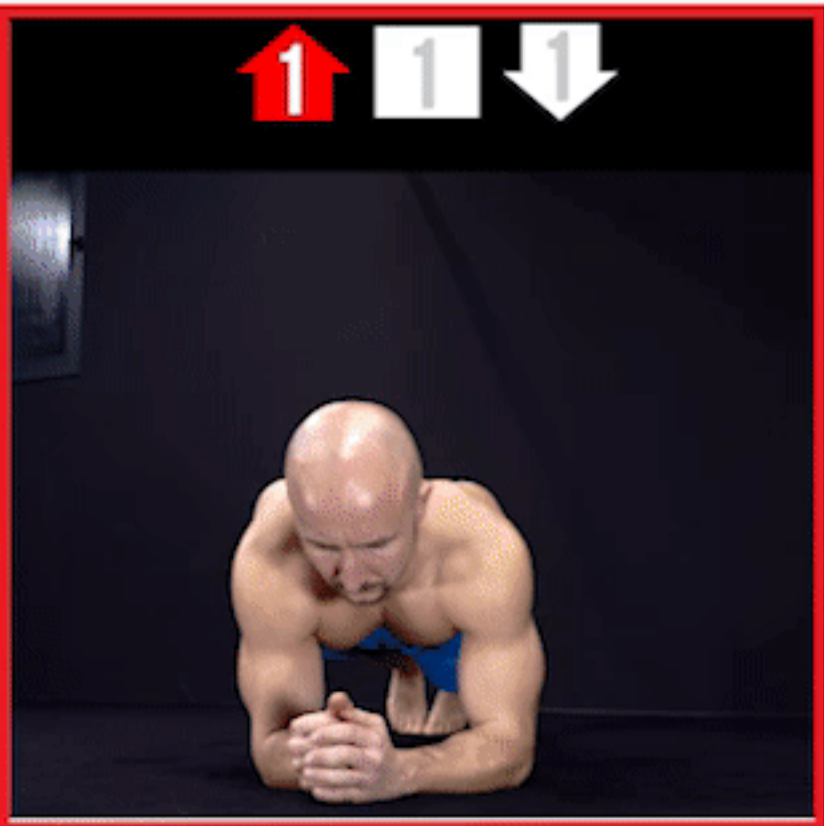
SIDE TO SIDE PLANK

10

80 SEC

1

1



15s

AM

START EX.2 EX.3 EX.4 EX.5


GLUTE HAM RAISE

10

20RM

2

2



90s

AM