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Previous Lecture

Complete and continue ⏩

35% COMPLETE

BASICS - Prep Phase - Week 3

📄

PP - W3 - Day 15 - Monday - Capi A

✓

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PP - W3 - Day 17 - Wednesday - Capi B

✓

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PP - W3 - Day 19 - Friday - Capi A

BASICS - Prep Phase - Week 4

✓

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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

✓

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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)

✓

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Exercise Explanations (24:47)

BASICS - Phase 1 - Test Week 6

📄 PP - W3 - Day 15 - Monday - Capi A

START

EX.2

EX.3

EX.4

4


HORIZONTAL PUSH

10

20RM

2

2



60s

AM

REST FOR 90 SEC

START

EX.2

EX.3

EX.4

4


HORIZONTAL PULL

10

20RM

2

2



60s

AM

REST FOR 90 SEC

START

EX.2

EX.3

EX.4

4

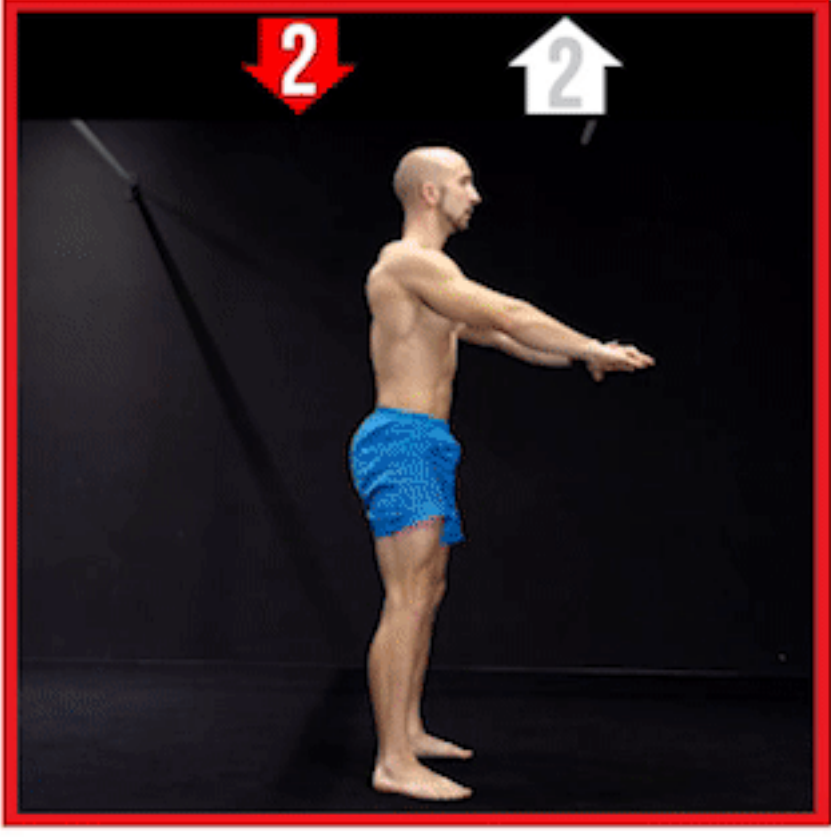
SQUAT

10

20RM

2

2



60s

AM

REST FOR 90 SEC

START

EX.2

EX.3

EX.4

4


HOLLOW BODY CRUNCH

10

20RM

2

2



60s

AM