

























35% COMPLETE	
	 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	
	 P1 - W8 - Day 50 - Monday - 1A
	 P1 - W8 - Day 52 - Wednesday - 1B

PP - W5 - Day 32 - Thursday - Circ B

START

EX.2

EX.3

EX.4

EX.5

4

HORIZONTAL PUSH

20RM

2

1

15s

START

EX.2

EX.3

EX.4

EX.5

10

HORIZONTAL PULL

20RM

2

1

15s

START

EX.2

EX.3

EX.4

EX.5

10

JUMPING LUNGES

20RM

X

1

15s

START

EX.2

EX.3

EX.4

EX.5

10

SIDE TO SIDE PLANK

80 SEC

1

1

1

15s

START

EX.2

EX.3

EX.4

EX.5

10

GLUTE HAM RAISE

20RM

2

1

90s