

⚙️

35% COMPLETE

PP - W5 - Day 33 - Friday - Capi B

✓

What - Why - How (1:41)

✓

Exercise Explanations (24:47)

✓

Phase 1 - Test Evaluation Sheet Download

✓

P1 - TW6 - Day 37 - Tuesday - Test 1-1

✓

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

✓

P1 - W7 - Day 43 - Monday - 1A

✓

P1 - W7 - Day 45 - Wednesday - 1B

✓

P1 - W7 - Day 47 - Friday - 1A

✓

P1 - W8 - Day 50 - Monday - 1A

✓

P1 - W8 - Day 52 - Wednesday - 1B

✓

P1 - W8 - Day 54 - Friday - 1A

📄 PP - W5 - Day 33 - Friday - Capi B

START EX.2 EX.3 EX.4


4

PIKE WALK

10

20RM

2



2

60s

AM

REST FOR 90 SEC

START EX.2 EX.3 EX.4


4

EASY BRIDGE RAISE

10

20RM

2



2

60s

AM

REST FOR 90 SEC

START EX.2 EX.3 EX.4


4

LUNGES

10

20RM

2



2

60s

AM

REST FOR 90 SEC


START EX.2 EX.3 EX.4

4

PLANK

10

80 SEC HOLD



60s

AM