



C4 Circuit

Eccentric Focus= control movement on the Extension phase of the muscle, notated by (3,0,0).

Circuit 1:

Split Squat: 8 reps each (3,0,0)

Prone T-hold rotations: 10 reps

Reverse Crunch: 10 reps (3,0,0)

Circuit 2:

Good mornings: 8 reps (3,0,0)

Chest fly: 10 reps (3,0,0)

1 arm 1 leg sit up: 6 reps each (3,0,0)

Circuit 3:

Lateral lunge: 6 reps each (3,0,0)

T-Push Up: 8 Reps (3,0,0)

Oblique Crunch: 6 Reps Each (3,0,0)