



## **D1 Circuit**

**Eccentric focus = control movement on the muscle Extension phase of each movement notated by (3,0,0)**

### *Circuit 1:*

Rear foot elevated split squat: 6 reps each (3,0,0)

Extended high plank: 30 seconds

Front Raise: 8 Reps (3,0,0)

### *Circuit 2:*

Quick hand step ups: 20 seconds

Single leg, straight leg deadlift: 6 reps each (3,0,0)

Dynamic side plank: 8 reps each

### *Circuit 3:*

Glute Bridge: 30 seconds

Scissor Kicks: 30 seconds

Lateral Raise: 8 Reps (3,0,0)



# AthleticMentors

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