



3.3 Strength Circuit

Isometric Focus= a 3 second hold at the transition phase of each movement. Notated by (0,3,0)

Circuit 1:

Alternating reverse lunge: 6 reps each (0,3,0)

Plank Circles: 8 Reps

Lateral Raise w/ twist: 6 reps (0,3,0)

Circuit 2:

Plyo Push Up: 6 Reps (0,3,0)

Romanian Deadlift: 6 Reps(0,3,0)

Side plank reach under: 6 reps each (0,3,0)

Circuit 3:

Glute Bridge Walk out: 6 Reps (0,3,0)

Leg lift to hip up: 6 reps (0,3,0)

Arnold Press: 6 Reps (0,3,0)