



## **4.1 Strength**

**Isometric Focus= a 5 seconds hold at the transition phase of each exercise. Notated by (0,5,0)**

### **Circuit 1: 3 sets**

Alternating forward lunge: 6 reps each (0,5,0)

Plank Walk Out: 6 Reps (0,5,0)

Front Raise: 6 Reps (0,5,0)

### **Circuit 2: 3 sets**

Rocking plyo Push Up: 6 Reps (0,5,0)

Romanian Deadlift: 6 Reps (0,5,0)

Side plank leg lift: 6 reps (0,5,0)

### **Circuit 3: 3 sets**

Glute Bridge Walk Out: 6 Reps (0,5,0)

Leg lift to hip up: 6 reps (0,5,0)

Lateral Raise: 6 Reps (0,5,0)



# AthleticMentors

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