6.1 Strength

Eccentric Focus= 3 second long tempo speed during muscle lengthening portion of each exercise. Notated by (3,0,0)

Circuit 1: 3 sets

Push up: 6 reps (3,0,0)

Sit up: 6 reps (3,0,0)

Split Squat: 6 reps each (3,0,0)

Circuit 2: 3 sets

Band Row: 6 Reps (3,0,0)

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

Glute Raise: 6 Reps Each (3,0,0)

Circuit 3: 3 sets

Facepull: 6 Reps (3,0,0)

Goblet squat: 6 reps (3,0,0)

Russian Twist: 6 Reps Each (3,0,0)

Circuit 4: 3 sets

ISO Squat hold: 30 seconds

Dumbbell Row hold: 30 seconds

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