



6.4 Strength

Eccentric Focus= 3 seconds tempo on muscle lengthening phase of each exercise.

Notated by (3,0,0)

Circuit 1: 3 sets

Dumbbell skullcrusher: 6 Reps (3,0,0)

Dead bug: 6 Reps Each (3,0,0)

Step up: 6 reps each (3,0,0)

Circuit 2: 3 sets

Banded rows: 6 reps (3,0,0)

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

Slider abduction: 6 reps (3,0,0)

Circuit 3: 3 sets

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

Standing overhead press: 6 reps (3,0,0)

Stability ball see Saw: 6 Reps (3,0,0)