



7.1 Strength Workout

Isometric Focus= 3 seconds hold during the transition phase of each exercise. Notated by (0,3,0)

Circuit 1: 3 sets

Dumbbell floor Press: 6 Reps (0,3,0)

Side Plank Reach Under: 6 Reps Each (0,3,0)

Lateral lunge: 6 reps each (0,3,0)

Circuit 2: 3 sets

Plank Row: 6 Reps Each (0,3,0)

Split Crunch: 6 Reps Each (0,3,0)

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

Circuit 3: 3 sets

Lateral Raise: 6 Reps (0,3,0)

Single leg squat: 6 reps each (0,3,0)

Alternating leg lift: 6 reps each (0,3,0)