



## 7.4 Strength Training

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

Circuit 1: 3 sets

Skull crusher: 6 Reps (0,3,0)

Front Plank Reach: 6 Reps Each (0,3,0)

Curtsy Lunge: 6 Reps Each (0,3,0)

Circuit 2: 3 sets

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

ISO flyer w/ leg lift: 6 reps each (0,3,0)

Slider Abduction: 6 Reps (0,3,0)

Circuit 3: 3 sets

Medicine ball overhead squat: 6 reps (0,3,0)

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

Stability ball knee tuck: 6 reps (0,3,0)