



11.2 Strength

Isometric Focus = A 5 second hold during the isometric phase of each exercise.

Notated by (0,5,0)

Single Leg Squat 2-3 x 6 e

SB See Saw 2-3 x 8

Inchworm Push Ups 2-3 x 8

Glute March 2-3 x 10

RDL 2-3 x 8

Tricep Kick Backs 2-3 x 10

Knees to Feet 2-3 x 10

DB Press 2-3 x 10

ISO Crunch 2-3 x 10