



12.2 Strength

Messier Squat 3x10

½ kneeling 1A OH Press 3x10e

Plank Shoulders Knees and Toes 3x8

Plank Abduction 3x10

Shoulder Complex 3x8e

RFESS 3x8e

SLSLDL w/Row 3x8e

ISO Crunch 3x6 (0,5,0)

Knees to Feet 3x30sec