

## 12.4 Strength

1 Arm 1 Leg Low Pull 3x8e

Sumo Squat w/Heel Raise 3x10e

MB Oblique Slams 3x6e

Push Up w/Pause 3x6 (0,2,0)

Bicycle Crunch 3x10e

SL Squat to Bench 3x6e

Crossover Step Up 3x8e

Banana Boat 3x4e

1 Arm 1 Leg Curl to Push Press 3x8e