



11.1 Strength

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

Notated by (0,5,0)

Curtsy Lunge 2-3 x 8 e

Push Up Hold 2-3 x 8

Dynamic Side Plank 2-3 x 10 e

Glute Raise 2-3 x 8 e

Front Plank Reach 2-3 x 30 sec

Plate Press 2-3 x 6

Sledge Hammer 2-3 x 8 e

Alt. Plank Abduction 2-3 x 10 e

Squat Jumps 2-3 x 10