



## 11.4 Strength

Isometric Focus: A 5 second hold during the isometric phase of each exercise. Notated by (0,5,0)

Spiderman Push Ups 3x6 e

Alt. Lateral Raise 3x8 e

Wide High Plank 3x30 sec

1 Arm Curl to Push Press 3x10

Lateral Lunge 3x10

V Ups 3x10

Oblique Pull 3x 10

SLSLDL w/MB Ext. 3x6 e

Alt. Standing Row 3x6 e