

Strength :: Northern Hemisphere :: Phase 2 [Intermediate]

Assignment	January 03, 2022	January 05, 2022	January 07, 2022
Strength Workout			
Warm Up	1) General aerobic cardio (any mode) 10 minutes 2) Cat / Camel 10 reps 3) Scapula Push Up > Forward Lunge 10 reps 4) Sumo Squat > Double Lateral lunge > Ground Touch 6 reps 5) Shoulder I-Y-T-M (Hold for 3 at top) 5 reps each 6) Knee Hug to Forward Lunge to Sky Reach 5 reps each side 7) Quad Stretch to Airplane 5 reps each side	1) General aerobic cardio (any mode) 10 minutes 2) Cat / Camel 10 reps 3) Scapula Push Up > Forward Lunge 10 reps 4) Sumo Squat > Double Lateral lunge > Ground Touch 6 reps 5) Shoulder I-Y-T-M (Hold for 3 at top) 5 reps each 6) Knee Hug to Forward Lunge to Sky Reach 5 reps each side 7) Quad Stretch to Airplane 5 reps each side	1) General aerobic cardio (any mode) 10 minutes 2) Cat / Camel 10 reps 3) Scapula Push Up > Forward Lunge 10 reps 4) Sumo Squat > Double Lateral lunge > Ground Touch 6 reps 5) Shoulder I-Y-T-M (Hold for 3 at top) 5 reps each 6) Knee Hug to Forward Lunge to Sky Reach 5 reps each side 7) Quad Stretch to Airplane 5 reps each side
Resistance 1	Bench Pull OR Seated Row Set 1: 6 Set 2: 4 Set 3: 4 Set 4: 2 Tempo 101 SUPERSET: Alternate with Resistance 2	Lat Pull Down Set 1: 6 Set 2: 4 Set 3: 4 Set 4: 2 Tempo 101 SUPERSET: Alternate with Resistance 2	One Arm DB Row Set 1: 6 Set 2: 4 Set 3: 4 Set 4: 2 Tempo 101 SUPERSET: Alternate with Resistance 2
Resistance 2	Bench Press Set 1: 6 Set 2: 4 Set 3: 4 Set 4: 2 Tempo 101 Rest: 2 min SUPERSET: Alternate with Resistance 1	BarBell Squat Set 1: 6 Set 2: 4 Set 3: 4 Set 4: 2 Tempo 101 Rest: 2 min SUPERSET: Alternate with Resistance 1	BB Incline Bench Press Set 1: 6 Set 2: 4 Set 3: 4 Set 4: 2 Tempo 101 Rest: 2 min SUPERSET: Alternate with Resistance 1
Resistance 3	DB Forward Lunges 3 sets of 6 L/R Tempo 101 SUPERSET: Alternate with Resistance 4	Seated DB Shoulder Press 3 sets of 6 Tempo 101 SUPERSET: Alternate with Resistance 4	Single Leg Bench Squat 3 sets of 7 L/R Tempo 301 SUPERSET: Alternate with Resistance 4
Resistance 4	Single Arm Cable Straight Arm Pull Down 3 sets of 6 L/R Tempo 101 Rest: 2 min SUPERSET: Alternate with Resistance 3	Standing Cable Reverse Flys 3 sets of 6 Tempo 301 Rest: 2 min SUPERSET: Alternate with Resistance 3	Towel Knees to Chest w Abduction 3 sets of 15 Tempo 101 SUPERSET: Alternate with Resistance 5

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Resistance 5	Front Plank w Alternating Arm 3 sets of 3x10sec Tempo: hold SUPERSET: Alternate with Resistance 6	Legovers (Add MB or SB) 3 sets of 8 L/R Tempo: 101 SUPERSET: Alternate with Resistance 6	Kneeling Cable Pallof Press (Vertical) 3 sets of 6 L/R Tempo: 303 Rest: 90 Sec SUPERSET: Alternate with Resistance 3
Resistance 6	Glute Bridge w Alternating Legs 3 sets of 10 Tempo: 303 SUPERSET: Alternate with Resistance 7	Reverse Back Extensions 3 sets of 8 Tempo: 311 SUPERSET: Alternate with Resistance 7	Standing Barbell Bicep Curl 3 sets of 8 Tempo: 101 SUPERSET: Alternate with Resistance 7
Resistance 7	Cable Lateral Raises 3 sets of 3x10sec L/R Tempo: hold SUPERSET: Alternate with Resistance 5	Cable Rotations (Low to High) 3 sets of 8 L/R Tempo: 101 SUPERSET: Alternate with Resistance 8	Bench Skullcrushers 3 sets of 8 Tempo: 101 SUPERSET: Alternate with Resistance 8
Resistance 8	Super Crunch 3 sets of 5 Tempo: 505 Rest: 2 min SUPERSET: Alternate with Resistance 5	Captains Chair Leg Raises 3 sets of 15 Tempo: 101 Rest: 2 min SUPERSET: Alternate with Resistance 5	Cable Lateral Raises 3 sets of 8 L/R Tempo: 101 Rest: 2 min SUPERSET: Alternate with Resistance 6
Balance	1) Airplanes 2 x 5 L/R 2) BOSU/WB Single Leg Quarter Squat 2 x 8 L/R	1) Airplanes 2 x 5 L/R 2) BOSU/WB Single Leg Quarter Squat 2 x 8 L/R	1) Airplanes 2 x 5 L/R 2) BOSU/WB Single Leg Quarter Squat 2 x 8 L/R
Cool Down	1) Aerobic cardio (spin bike preferred) 10 minutes 2) Kneeling hip flexor + reach arms to sky 2 x 30 sec each leg 3) Standing Bench Hamstring 2 x 10 each leg 4) Downward Dog (hold 10 sec each) 6 repetitions	1) Aerobic cardio (spin bike preferred) 10 minutes 2) Kneeling hip flexor + reach arms to sky 2 x 30 sec each leg 3) Standing Bench Hamstring 2 x 10 each leg 4) Downward Dog (hold 10 sec each) 6 repetitions	1) Aerobic cardio (spin bike preferred) 10 minutes 2) Kneeling hip flexor + reach arms to sky 2 x 30 sec each leg 3) Standing Bench Hamstring 2 x 10 each leg 4) Downward Dog (hold 10 sec each) 6 repetitions