

Strength :: Southern Hemisphere :: Phase 11 [Intermediate]

Assignment	January 31, 2022	February 02, 2022	February 04, 2022
Strength Workout			
Warm Up	1) General aerobic cardio (any mode) 10 minutes 2) Cat / Camel 10 repetitions 3) Scapula Push Up > Forward Lunge 10 repetitions 4) Sumo Squat to Stand 10 repetitions 5) Frankenstein to Airplane 5 reps each side 6) Shoulder Wall Slides 5 reps each side 7) Choice (Pick your fav warm up exercise) 10 repetitions	1) General aerobic cardio (any mode) 10 minutes 2) Cat / Camel 10 repetitions 3) Scapula Push Up > Forward Lunge 10 repetitions 4) Sumo Squat to Stand 10 repetitions 5) Frankenstein to Airplane 5 reps each side 6) Shoulder Wall Slides 5 reps each side 7) Choice (Pick your fav warm up exercise) 10 repetitions	1) General aerobic cardio (any mode) 10 minutes 2) Cat / Camel 10 repetitions 3) Scapula Push Up > Forward Lunge 10 repetitions 4) Sumo Squat to Stand 10 repetitions 5) Frankenstein to Airplane 5 reps each side 6) Shoulder Wall Slides 5 reps each side 7) Choice (Pick your fav warm up exercise) 10 repetitions
Resistance 1	Two Arm Straight Arm Pull Down 3 sets of 6 Tempo 30x SUPERSET: Alternate with Resistance 2	Barbell Single Leg Romanian Deadlift 3 sets of 5 L/R Tempo 101 SUPERSET: Alternate with Resistance 2	Bench Pull 3 sets of 20 Tempo 101 SUPERSET: Alternate with Resistance 2
Resistance 2	MB Slams 3 sets of 6 Tempo x Rest: 90 Sec SUPERSET: Alternate with Resistance 1	Airpane Roll 3 sets of 5 L/R Tempo 101 Rest: 90 Sec SUPERSET: Alternate with Resistance 1	Bench Press 3 sets of 20 Tempo 101 SUPERSET: Alternate with Resistance 3
Resistance 3	Bulgarian Split Lunge 3 sets of 6 L/R Tempo 30x SUPERSET: Alternate with Resistance 4	Bench Pull 3 sets of 4 Tempo 101 SUPERSET: Alternate with Resistance 4	Barbell Squats 3 sets of 20 Tempo 101 Rest: 60 sec SUPERSET: Alternate with Resistance 1
Resistance 4	Split Squat Jumps 3 sets of 6 L/R Tempo x Rest: 90 Sec SUPERSET: Alternate with Resistance 3	Bench Press 3 sets of 4 Tempo 101 Rest: 90 Sec SUPERSET: Alternate with Resistance 3	Cable Lateral Pull Downs 3 sets of 8 Tempo 303 SUPERSET: Alternate with Resistance 5
Resistance 5	Cable Vertical Pallof Press 3 sets of 3 L/R Tempo: 333 SUPERSET: Alternate with Resistance 6	SB Rollouts 3 sets of 8 Tempo: 303 SUPERSET: Alternate with Resistance 6	MB Tight Rotations 3 sets of 20 reps Tempo 101 Rest: 60 sec SUPERSET: Alternate with Resistance 4

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Resistance 6	Cable Pallof Press 3 sets of 3 L/R Tempo: 333 Rest: 90 Sec SUPERSET: Alternate with Resistance 5	BB Full Body Extensions 3 sets of 8 Tempo 131 Rest: 90 sec SUPERSET: Alternate with Resistance 5	Bench Seated DB Bicep Curls 3 sets of 8 reps Tempo 101 SUPERSET: Alternate with Resistance 7
Resistance 7		Reverse Back Extensions 3 sets of 8 Tempo 301 SUPERSET: Alternate with Resistance 8	BarBell SkullCrusher 3 sets of 8reps Tempo 101 Rest: 60 sec SUPERSET: Alternate with Resistance 6
Resistance 8		Super Crunch 3 sets of 4 reps Tempo 444 Rest: 90 sec SUPERSET: Alternate with Resistance 7	1) Airplane Rolls (Add eyes closed if desired) 1 x 5 slow rolls each side 2) Single Leg Drop Squats (Eyes closed) 1 x 6 each leg
Balance	1) Airplane Rolls (Add eyes closed if desired) 1 x 5 slow rolls each side 2) Single Leg Drop Squats (Eyes closed) 1 x 6 each leg	1) Airplane Rolls (Add eyes closed if desired) 1 x 5 slow rolls each side 2) Single Leg Drop Squats (Eyes closed) 1 x 6 each leg	1) Aerobic cardio (spin bike preferred) 10 minutes - 2) Lying Rope Hamstring 2 x 30 sec each leg - 3) Kneeling hip flexor w elevated foot 2 x 30 sec each leg - 4) Prone Cobra to Downward Dog (hold 10 sec each) 6 repetitions - 5) Choice (Pick the stretch you need the most) 10 repetitions
Cool Down	1) Aerobic cardio (spin bike preferred) 10 minutes - 2) Lying Rope Hamstring 2 x 30 sec each leg - 3) Kneeling hip flexor w elevated foot 2 x 30 sec each leg - 4) Prone Cobra to Downward Dog (hold 10 sec each) 6 repetitions - 5) Choice (Pick the stretch you need the most) 10 repetitions	1) Aerobic cardio (spin bike preferred) 10 minutes - 2) Lying Rope Hamstring 2 x 30 sec each leg - 3) Kneeling hip flexor w elevated foot 2 x 30 sec each leg - 4) Prone Cobra to Downward Dog (hold 10 sec each) 6 repetitions - 5) Choice (Pick the stretch you need the most) 10 repetitions	