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Week 6

- ✓ Each complex in a circuit fashion
- ✓ 30 seconds between exercises
- ✓ 60 seconds rest between circuits
 - ✓ 3x times per week
- ✓ Resting one day in between

Warm up

MB wood chop 3x15
MB rotation 3x16
MB PNF (to the knee) 3x15

Complex one

(3 times through)

- A) Squat w/MB Rot bottom
 - B) Staggered push up
 - C) Compound row
 - D) Band rotations
 - E) 1L anterior reach
- 15 reps all exercises

Complex two

(3 times through)

- A) Reverse lunge w/MB
 - B) Band press stag single arm
 - C) Band row stag single arm
 - D) SB leg curl
 - E) 1L posterior reach
- 15 reps all exercises

Cool Down

CBR's 3x10
Static stretching

Complex one MB squat rotation (bottom)



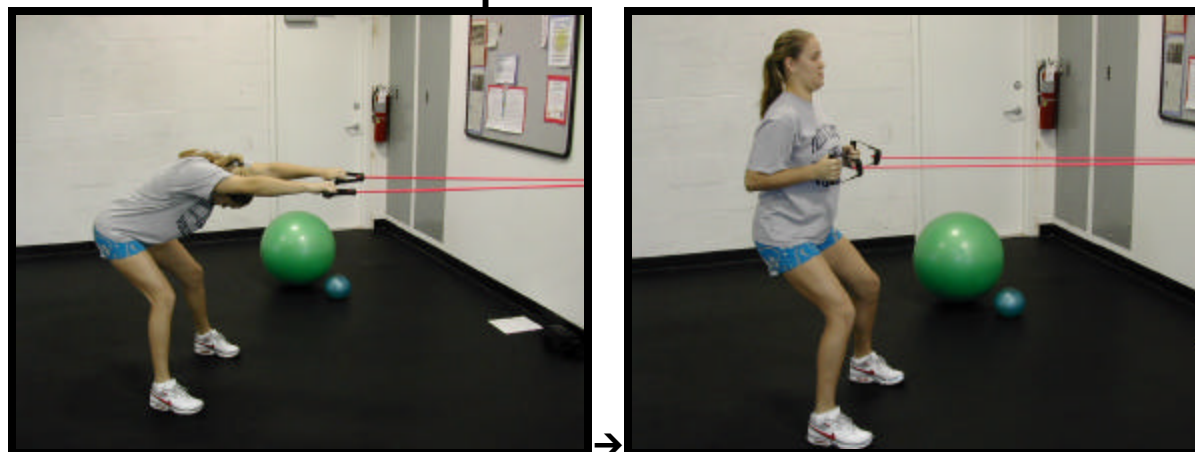
chest up, shoulders back, squat and pivot on ball of the foot at the bottom of the motion

Stag hands push-up



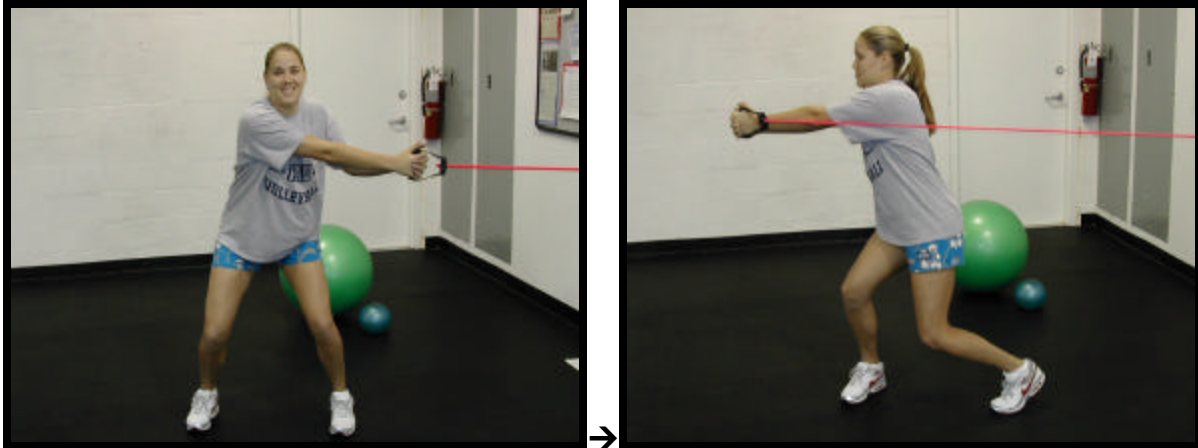
stagger hands, tight core, and straight body. Switch hands half way through

Compound band row



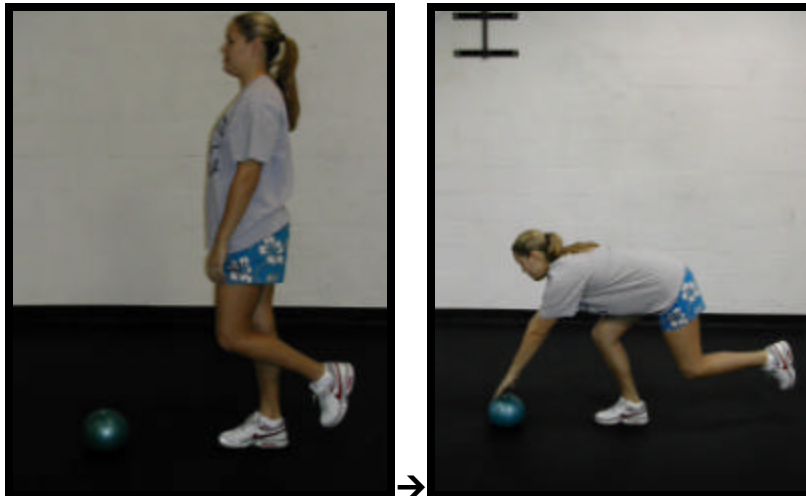
shoulder width stance, arms to follow the line of pull, as you are coming up pull towards pockets

Band rotations



shoulder width stance, arms straight, pivot on rear foot

1L anterior reach



stabilize on one leg, reach towards ball w/both hands, trailing leg to go straight back, finish up tall

Complex two MB reverse lunge



imagine you are in a box, lunge backwards (to your shoe laces) pointing your toe towards the back corners of the box. Alt legs

Stag stance 1 arm press



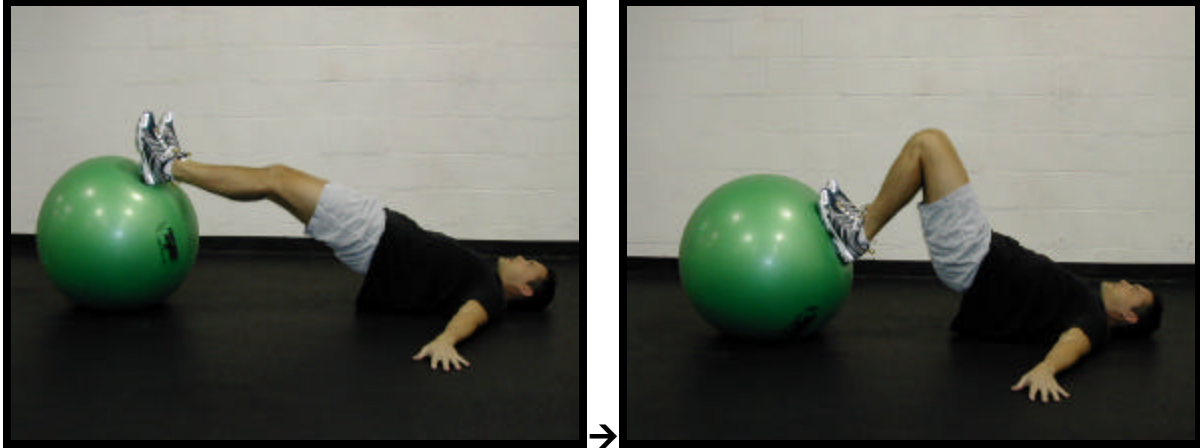
tight core, rear heel up, press one arm in a controlled motion

Stag stance 1 arm row



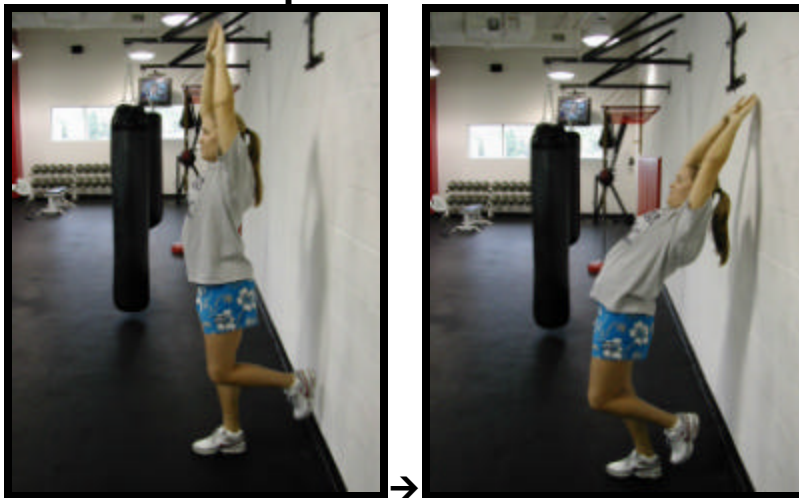
tight core, rear heel up, pull to the pockets alt arms

SB leg curl



calves or heels on ball, tight core, keeping the butt in the air, curl heels in towards hamstrings

1 L posterior reach



tight core, drive hips forward, finish tall (a pain free range always)