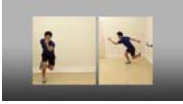


Phase: Print Example - Program 1

A1



Ice Skaters

3 Sets of 60 seconds reps

With tempo: Fast, and with a rest of 30 Seconds afterwards

Record progress

1	2	3
4	5	6

A2



Row on Suspension Trainer - Neutral Grip

3 Sets of 10-12 reps

With tempo: 3010, and with a rest of 30 Seconds afterwards

Record progress

1	2	3
4	5	6

A3



Squat with Shoulder Press

3 Sets of 20 reps

With tempo: Fast, and with a rest of 30 Seconds afterwards

Record progress

1	2	3
4	5	6

A4



Press Up to BOSU

3 Sets of Max you can reps

With tempo: 4010, and with a rest of 45 Seconds afterwards

Record progress

1	2	3
4	5	6

B1



Double Kettlebell Swing

2 Sets of Max in 60 Se reps

With tempo: Fast, and with a rest of 45 Seconds afterwards

Record progress

1	2	3
4	5	6

B2



Suspension Trainer Knees to Chest

2 Sets of 15-20 reps

With tempo: 3030, and with a rest of 45 Seconds afterwards

Record progress

1	2	3
4	5	6

B3



Squat Thrust to Step with Shoulder Press

2 Sets of Max in 45 Sec reps

With tempo: Fast, and with a rest of 45 Seconds afterwards

Record progress

1	2	3
4	5	6

C1



Versa Climber

4 Sets of 20 seconds reps

With tempo: Fast, and with a rest of 10 Seconds afterwards

Record progress

1	2	3
4	5	6