

Name
Trainer Eric Maust

Date
Phase SST



ROCK CITY FITNESS

Warm Up/Flexibility	Sets	Reps	Duration	Notes
Corrective Strategy - LPHC - Excessive Forward Lean				
Click here to see the corrective strategy video!				

Core & Balance	Sets	Reps	Intensity	Notes
Sit Ups	3	15		
SB Walk Out	3	10		
Glute Ham Raise	3	15		
SB Triple Threat	3	10x3		

Reactive	Sets	Reps	Intensity	Notes
Box - Step Up/Jump Down	3	10		

Strength	Exercise	Sets	Reps	Intensity	Notes
Chest	Bench Press	3	10		
Chest	Ring Push Ups	3	10		
Back	Pull Ups	3	10		
Back	Renegade Rows	3	10x2		
Biceps	Barbell Curls	3	10		
Triceps	SB DB Tricep Kick Backs	3	10		
Legs	Squat Press	3	10		
Legs	BOSU 1-L Squat	3	10x2		
Click here to see the video of this workout!					

Cardiovascular	Format	Intensity	Sets	Duration	Notes
Cardio Schedule					

Cool Down/Flexibility	Sets	Reps	Duration	Notes
Static Stretching				