

Name
Trainer Eric Maust

Date
Phase FAST



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
Cable Rotation	3	10		
KB Snatch	3	10		

Reactive	Sets	Reps	Intensity	Notes
Box Lateral Lunge Jumps	3	10		
Speed Ladder Drills	1	10		

Strength	Exercise	Sets	Reps	Intensity	Notes
Conditioning	Bike	3	1/2 mile		
Strength	MB Slam	3	20		
Strength	Push Ups	3	40		
Back	Cable 1-A Row	5	5		
Biceps	DB Curl	5	5		
Triceps	Strap Tricep Extension	5	5		
Legs	Walking Lunge	5	5		
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				