

Name
Trainer Eric Maust

Date
Phase PST



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 |
|---------------------------|------|------|-----------|-------|
| KB Bent Knee Windmill | 3 | 10 | | |
| MB Lateral Rotation Throw | 3 | 10 | | |
| KB Dead Lift | 3 | 10 | | |
| DB Clean | 3 | 10 | | |
| | | | | |
| | | | | |

| Reactive | Sets | Reps | Intensity | Notes |
|-----------------------|------|------|-----------|-------|
| Lateral Hurdle Runner | 3 | 10 | | |
| | | | | |

| Strength | Exercise | Sets | Reps | Intensity | Notes |
|--|-----------------------------|------|--------|-----------|-------|
| Chest | MB Push Up | 3 | 5 | | |
| Chest | Rope - In/Out | 3 | 30 sec | | |
| Back | Cable Row | 3 | 5 | | |
| Back | Cable 2-A Row with Rotation | 3 | 10 | | |
| | | | | | |
| Biceps | Rope - Bicep Curl | 3 | 30 sec | | |
| Triceps | Band Fast Tricep Press Down | 3 | 20 | | |
| Legs | Leg Press | 3 | 5 | | |
| Legs | Box Jump | 3 | 10 | | |
| | | | | | |
| 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 | | | | |
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