

Name
Trainer Eric Maust

Date
Phase SET



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
Ab Roller	3	15		
Cable Wood Chop	3	10		
Reverse Lunge to 1-A Press	3	10		

Reactive	Sets	Reps	Intensity	Notes
Heavy Rope	3	20		

Strength	Exercise	Sets	Reps	Intensity	Notes
Chest	DB Chest Press	7	21 to 3		
Back	SB Push Ups	7	21 to 3		
Legs	Cable Tricep Press Down	7	21 to 3		
Shoulders	Cable 1-A Shoulder Press	4	8		
Biceps	Strap Curl	4	8		
Triceps	SB DB Tricep Extension	4	8		
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				