PART 1 (LOWER BODY)
Channel 1&2 = Black Glute Max / Red Upper Quads (Rec Fem)
Channel 3&4 = Black Hamstrings / Red VMO’s
Freq = 100 pps / Work = 10s, Rest = 10s / Power = Max Tolerance

3 TIMES THROUGH THIS SERIES (Try to turn up power each round):
1. ERA LUNGE - HOLD BOTTOM POSITION WHEN SIGNAL ON, REST WHEN OFF
   a. 6-12 with Right Leg Forward, then
   b. 6-12 with Left Leg Forward
2. TABLE TOP PUSH-UP - HOLD TOP POSITION WHEN SIGNAL ON, REST WHEN OFF
   a. 8-12 Reps
3. GOBLET SQUAT - HOLD BOTTOM POSITION WHEN SIGNAL ON, REST WHEN OFF
   a. 6-12 Reps x Moderately Challenging Weight

PART 2 (UPPER BODY)
Channel 1&2 = Black Lats / Red Pecs
Channel 3&4 = Black Scapulae / Red Serratus
Freq = 100 pps / Work = 10s, Rest = 10s / Power = Max Tolerance

3 TIMES THROUGH THIS SERIES:
1. ERA PUSH-UP - HOLD BOTTOM WHEN SIGNAL COMES ON, REST WHEN SIGNAL OFF
   a. 8-12 Reps
2. SIDE PLANK - HOLD TOP WHEN SIGNAL ON, REST WHEN SIGNAL OFF
   a. 6 Reps on Right Side, then
   b. 6 Reps on Left Side
3. BAND PULL-APARTS - HOLD BAND APART WHEN SIGNAL ON, REST WHEN OFF

PART 3 (ABDOMINALS)
Channel 1&2 = Black Lower Abs / Red Upper Abs
Channel 3&4 = Black Lower Obliques / Red Upper Obliques
Freq = 100 pps / Work = 10s, Rest = 10s / Power = Max Tolerance

3 TIMES THROUGH THIS SERIES:
1. AB WHEEL - HOLD BOTTOM WHEN SIGNAL COMES ON, REST WHEN SIGNAL OFF
   a. 8-12 Reps
2. HOLLOW BODY HOLD - HOLD UP WHEN SIGNAL ON, REST WHEN SIGNAL OFF
   a. 8-12 REPS