



## HOME WORKOUT - WHOLE BODY STRENGTH #2

### **PART 1 (LOWER BODY)**

Channel 1&2 = **Black** Glutes / **Red** Lower Abs

Channel 3&4 = **Black** Hamstrings / **Red** Belly of Quad

Freq = 100 pps / Work = 1s, Rest = 0s / Power = Max Tolerance

3 TIMES THROUGH THIS SERIES (Try to turn up power each round):

1. [SISSY SQUAT](#) X 8-12 Reps
2. [SINGLE LEG RDL](#) or [SUITCASE DEADLIFT](#) x 4-8 Reps per side x Moderately Challenging Weight Held in Contralateral Hand (eg. Stand on Left Leg, hold Kettlebell or Dumbbell in Right Hand)
3. [PRONE HIP EXTENSION AND ROTATION](#) x 5 Each Leg

THEN

[LOW SQUAT FOOT JUMPS](#) x 200 Reps (Rest briefly as necessary)

### **PART 2 (UPPER BODY)**

Channel 1&2 = **Black** Scaps / **Red** Pecs

Channel 3&4 = **Black** Triceps / **Red** Biceps

Freq = 100 pps / Work = 1s, Rest = 0s / Power = Max Tolerance

3 TIMES THROUGH THIS SERIES (Try to turn up power each round):

1. [BOTTOM HALF PUSH-UP](#) x 15-30 Reps
2. [PLYO DROP BICEP CURL](#) x 15-30 Reps (Stick at the bottom catch position for 1 second per rep) x Moderately challenging weight
3. [SWORD PULL](#) x 10 reps per side x 5-10 lb dumbbell

THEN

[YIELDING ISO PULL-UP](#) x 2.5 mins work

### **PART 3 (CORE)**

Channel 1&2 = **Black** Lumbar / **Red** Lower Abs

Channel 3&4 = **Black** Lats / **Red** Upper Abs

Freq = 100 pps / Work = 1s, Rest = 0s / Power = Max Tolerance

3 TIMES THROUGH THIS SERIES (Try to turn up power each round):

1. [CROSS-CRAWL SUPERMAN](#) x 15-30 reps per side
2. [ASLR](#) ("ASYMMETRICAL SINGLE LEG RAISE") x 10-20 reps per side
3. [CRATE CRUNCH](#) x 30 second hold x Moderately Challenging Load Between Knees