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 **SUITEASE 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. **ASL ("ASYMMETRICAL SINGLE LEG RAISE")** x 10-20 reps per side
3. **CRATE CRUNCH** x 30 second hold x Moderately Challenging Load Between Knees