

Weight Room Strength Routine

<u>Exercise</u>	<u>Reps</u>	<u>Intensity</u>
1 Lunge Matrix Fwd, Fwd w/ Twist, Side, 90 Degree, Back, SL Squat	5-10 each	Body Weight
<i>~take your time, do them right</i>		
2a Hip Drives	3 x 10	Red
2b DB Pushup Rows	3x6 each arm	
<i>~alternate; stand tall</i>		
3a Nordic Curls	3 x 5-10	
3b SL Eccentric Calf Raisers	3 x 10	
4a Adductors / Abductors	3 x 10	
4b Running Arms	3 x 45 seconds	
	3 x 5	
3-Way Shoulders	3x5	
Pullups	-10	