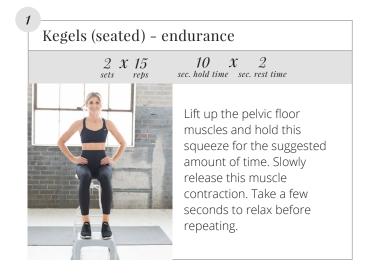
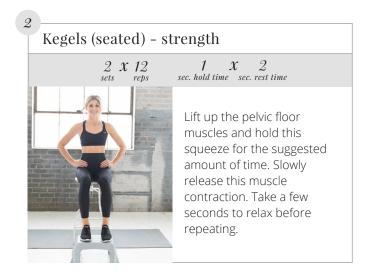
Week 5, Day 1

FUNDAMENTALS





CIRCUIT

Complete each of the 3 exercises in sequence and then rest. Complete 2 rounds.

Heel Drops, L₃

15 reps/side Lie on your back w/ your knees bent. Lift your head & shoulders off the ground. Bring your feet up so that your calves are parallel w/ the ground. Slowly lower 1 foot down just touching the ground without letting the weight transfer. Bring that foot back up to the starting position. Continue with the other side.



15 reps/side Lie on your back w/ your knees bent & feet flat on the ground. Lift your head & shoulders off the ground. Slide one foot away from you, allowing your leg to straighten. Slowly return to the starting position.

Alternating Heel Drops

15 reps/side Lie on your back w/ your knees bent. Lift your head & shoulders off the ground. Bring your feet up so that your calves are parallel w/ the ground. Slowly lower 1 foot down, just touching the ground without letting the weight transfer. As you bring that foot back up to the starting position, simultaneously lower the opposite foot to the ground.



Max. Hold: Plank (1x)

Hold a plank position for as long as you can, 1 time

