

TRI SPECIFIC STRENGTH - TSS1

DURATION: 15 MINUTES

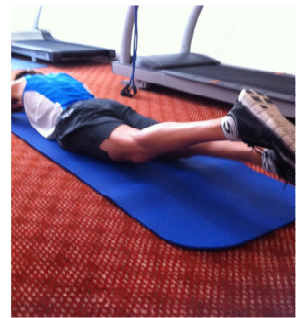
1. SUPERMANS

2 x 20 (10 sec rest)



2. SWIM KICKS

2 x 20 (10 sec rest)



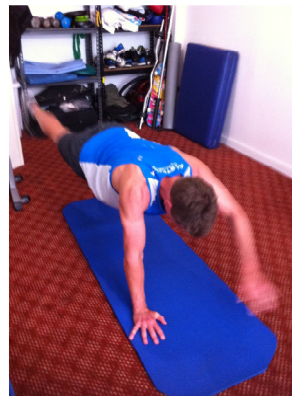
3. PUSH UPS

3 x 6 (10 sec rest)



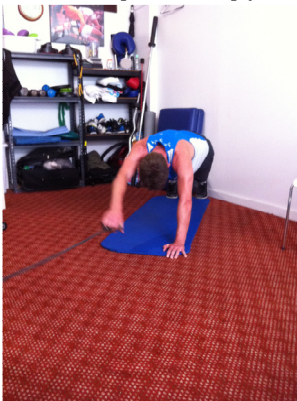
4. REACH & EXTENDS

2 x 20 [10 each arm] (10 sec rest)



5. CATCH & PULLS

3 x 10 [each arm] (10 sec rest)



6. SINGLE LEG PRONE CYCLE POSE

3 x 12 [each leg] (10 sec rest)



7. SUPINE CYCLE DRILL

3 x 20 [10each leg] (10 sec rest)



8. AERO BENCH EXTENSIONS

3 x 12 (10 sec rest)



9. ROLLOUTS

3 x 12 (10 sec rest)



10. RUNNING ARMS

3 x 60 sec (10 sec rest)



11. HIP SWINGS

3 x 30 [each leg] sec (10 sec rest)



12. CLEANS/ PRESS

3 x 12 (10 sec rest)

