Name:	
Program Objectives	STRUCTURAL BALANCE
Program Duration:	21 DAYS - 6 EXPOSURES

FULL BODY / WORK UP TO ONE HEAVY SET

Order / B. Part	Exercise Name / Variation	Rep type / Stance & Grip	W/O	Reps / Time	Sets / Time	Tempo E - I - C - I	Rest (s)		Set 1	2	3	4	5	6	7	8	9	10	11	12	Notes about session
Phase		Session																			
Accumulation		1																			
A1	Front Foot Elvated Split Squat		1	6 - 8	4	3 - 1 - 1 - 0	60	Rep													
	Dumbbells in hands by sides							KG													
			2	6 - 8	4	3 - 1 - 1 - 0	60	Rep													
								KG													
			3	6 - 8	4	3 - 1 - 1 - 0	60	Rep													
								KG													
			4	6 - 8	4	3 - 1 - 1 - 0	60	Rep													
								KG													
			5	6 - 8	4	3 - 1 - 1 - 0	60	Rep													
								KG													
			6	6 - 8	4	3 - 1 - 1 - 0	60	Rep													
								KG													
A2	Seated Row to neck		1	8 - 10	4	3 - 0 - 1 - 1	60	Rep													
	Rope	Thumbs down						KG													
	Stretch Chest between rounds		2	8 - 10	4	3 - 0 - 1 - 1	60	Rep													
								KG													
			3	8 - 10	4	3 - 0 - 1 - 1	60	Rep													
								KG													
			4	8 - 10	4	3 - 0 - 1 - 1	60	Rep													
								KG													
			5	8 - 10	4	3 - 0 - 1 - 1	60	Rep													
								KG													
			6	8 - 10	4	3 - 0 - 1 - 1	60	Rep													
								KG													
B1	45% Back Extension	Straight Legs	1	8 - 10	4	3 - 0 - 1 - 1	60	Rep													
	Dumbbell on Chest	Dorsi Flex Toes						KG													
			2	8 - 10	4	3 - 0 - 1 - 1	60	Rep													
								KG													
			3	8 - 10	4	3 - 0 - 1 - 1	60	Rep													
								KG													
			4	8 - 10	4	3 - 0 - 1 - 1	60	Rep													
								KG													
			5	8 - 10	4	3 - 0 - 1 - 1	60	Rep													
								KG													
			6	8 - 10	4	3 - 0 - 1 - 1	60	Rep													
								KG													
B2	30% Incline Bench Press		1	8 - 10	4	3 - 1 - 1 - 0	60	Rep													
	Dumbbelll	Neutral Grip						KG													
			2	8 - 10	4	3 - 1 - 1 - 0	60	Rep													
								KG													
			3	8 - 10	4	3 - 1 - 1 - 0	60	Rep													
								KG													
			4	8 - 10	4	3 - 1 - 1 - 0	60	Rep													
								KG													
			5	8 - 10	4	3 - 1 - 1 - 0	60	Rep													
								KG													
			6	8 - 10	4	3 - 1 - 1 - 0	60	Rep													
								KG													
C	Sled drag		1	- 30	4	0 - 0 - 1 - 0	90	Rep													
	2 lengths in total = 30 meters	Target Time 30 sec Total						KG													
	3:1 Rest Ratio		2	- 30	4	0 - 0 - 1 - 0	90	Rep													
								KG													
			3	- 30	4	0 - 0 - 1 - 0	90	Rep													
								KG													
			4	- 30	4	0 - 0 - 1 - 0	90	Rep													
								KG													
			5	- 30	4	0 - 0 - 1 - 0	90	Rep													
								KG													
			6	- 30	4	0 - 0 1 - 0	90	Rep													
								KG													