

<b>Name:</b>	Full Body Structural Balance 2	<b>FULL BODY / work up to heavy set -</b>
<b>Program Objectives:</b>	Structural Balance	
<b>Program Duration:</b>	21 Days x 6 sessions	

Order B. Part	Exercise Name Variation	Rep type Stance & Grip	W/O	Reps / Time	Sets / Time	Tempo				Rest (s)	Rep KG	Set												Notes about session
						E	I	C	I			1	2	3	4	5	6	7	8	9	10	11	12	
Phase		Session																						
Accumulation		1																						
A1	Single leg Step Down	Tap toe	1	15 - 25	4	2	0	1	0	75	Rep													
	Step at mid shin height		2	15 - 25	4	2	0	1	0	75	Rep													
	Stretch Hip Flexors between rounds		3	15 - 25	4	2	0	1	0	75	Rep													
			4	15 - 25	4	2	0	1	0	75	Rep													
			5	15 - 25	4	2	0	1	0	75	Rep													
			6	15 - 25	4	2	0	1	0	75	Rep													
A2	Seated Cable Row	Close Sup	1	6 - 8	4	4	0	1	1	75	Rep													
	* Last rep hold 10 sec isometric on body		2	6 - 8	4	4	0	1	1	75	Rep													
	Stretch Chest between rounds		3	6 - 8	4	4	0	1	1	75	Rep													
			4	6 - 8	4	4	0	1	1	75	Rep													
			5	6 - 8	4	4	0	1	1	75	Rep													
			6	6 - 8	4	4	0	1	1	75	Rep													
B1	Lying Hamstring Curl	Dorsi neutral	1	4 - 6	4	5	0	1	0	75	Rep													
			2	4 - 6	4	5	0	1	0	75	Rep													
			3	4 - 6	4	5	0	1	0	75	Rep													
			4	4 - 6	4	5	0	1	0	75	Rep													
			5	4 - 6	4	5	0	1	0	75	Rep													
			6	4 - 6	4	5	0	1	0	75	Rep													
B2	Standing Single arm DB Press	Neutral	1	6 - 8	4	3	0	1	0	75	Rep													
			2	6 - 8	4	3	0	1	0	75	Rep													
			3	6 - 8	4	3	0	1	0	75	Rep													
			4	6 - 8	4	3	0	1	0	75	Rep													
			5	6 - 8	4	3	0	1	0	75	Rep													
			6	6 - 8	4	3	0	1	0	75	Rep													
C	Prowler Sprint	45 sec	1	1 - 1	4	1	1	1	1	90	Rep													
			2	1 - 1	4	1	1	1	1	90	Rep													
			3	1 - 1	4	1	1	1	1	90	Rep													
			4	1 - 1	4	1	1	1	1	90	Rep													
			5	1 - 1	4	1	1	1	1	90	Rep													
			6	1 - 1	4	1	1	1	1	90	Rep													

