



HOME WORKOUT - WHOLE BODY STRENGTH #1

PART 1 (LOWER BODY)

Channel 1&2 = **Black** Glute Max / **Red** Upper Quads (Rec Fem)

Channel 3&4 = **Black** Hamstrings / **Red** VMO's

Freq = 100 pps / Work = 10s, Rest = 10s / Power = Max Tolerance

3 TIMES THROUGH THIS SERIES (Try to turn up power each round):

1. [ERA LUNGE](#) - HOLD BOTTOM POSITION WHEN SIGNAL ON, REST WHEN OFF
 - a. 6-12 with Right Leg Forward, then
 - b. 6-12 with Left Leg Forward
2. [TABLE TOP PUSH-UP](#) - HOLD TOP POSITION WHEN SIGNAL ON, REST WHEN OFF
 - a. 8-12 Reps
3. [GOBLET SQUAT](#) - HOLD BOTTOM POSITION WHEN SIGNAL ON, REST WHEN OFF
 - a. 6-12 Reps x Moderately Challenging Weight

PART 2 (UPPER BODY)

Channel 1&2 = **Black** Lats / **Red** Pecs

Channel 3&4 = **Black** Scapulae / **Red** Serratus

Freq = 100 pps / Work = 10s, Rest = 10s / Power = Max Tolerance

3 TIMES THROUGH THIS SERIES:

1. [ERA PUSH-UP](#) - HOLD BOTTOM WHEN SIGNAL COMES ON, REST WHEN SIGNAL OFF
 - a. 8-12 Reps
2. [SIDE PLANK](#) - HOLD TOP WHEN SIGNAL ON, REST WHEN SIGNAL OFF
 - a. 6 Reps on Right Side, then
 - b. 6 Reps on Left Side
3. [BAND PULL-APARTS](#) - HOLD BAND APART WHEN SIGNAL ON, REST WHEN OFF

PART 3 (ABDOMINALS)

Channel 1&2 = **Black** Lower Abs / **Red** Upper Abs

Channel 3&4 = **Black** Lower Obliques / **Red** Upper Obliques

Freq = 100 pps / Work = 10s, Rest = 10s / Power = Max Tolerance

3 TIMES THROUGH THIS SERIES:

1. [AB WHEEL](#) - HOLD BOTTOM WHEN SIGNAL COMES ON, REST WHEN SIGNAL OFF
 - a. 8-12 Reps
2. [HOLLOW BODY HOLD](#) - HOLD UP WHEN SIGNAL ON, REST WHEN SIGNAL OFF
 - a. 8-12 REPS