



Energy System Phase 2

Monday's + Thursday's

Capacity

SET 1

Effort

Rest

Walk

5sec		1min
5sec		1min
10sec		1min
10sec		1min
10sec		5min
10sec		1min
10sec		1min
10sec		1min
10sec		1min
5sec		1min
5sec		1min

SET 2

Effort

Rest

Walk

10sec		1min
15sec		1min
20sec		1min
10sec		1min
15sec		1min
20sec		Done

96 AAA Blues
Strength & Conditioning

Tuesdays & Fridays

1A 3 x 10 clap push-ups (all the way down)

1B 3 x chin-ups ? come down on the count of 3 sec.
(or) chin - holds 10 sec each.

2A Crunches 3 x 15 hands to the side

2B $\overrightarrow{3}^{10x}$ Short Bridges (on hands & knees) alternate
opposite elbow to knee (hold for 1 sec each rep)

Important : Please alternate exercises 1a - 1b x 3
sets

Then move on to 2a - 2b x 3 sets.

* Please take a 60 second rest between EVERY
EXERCISE