

INTEGRAL STRENGTH PHASE ONE - WEEK 2 - PRACTICE CIRCUIT



Day	Do This	Rating Ease	Rating Quality
<p>Day 1</p> <p>Do 3 rounds of this circuit, rest 2-3 min between rounds.</p> <p>Work on the third easiest variation of the exercises.</p> <p>If you're unable to do the exercise at the level in today's video, step back to the previous variation for the next few sessions."</p> <p>Round:</p> <p><input type="checkbox"/> 1</p> <p><input type="checkbox"/> 2</p> <p><input type="checkbox"/> 3</p>	1. Broad Jumps - Do 3		
	2. Shrimp Squats (Half Shrimp Squat, No Leg Hold) - Start on weak leg. Do as many as you can in 20 sec (on each leg, with good form)		
	3. Push-Ups (Half Push-Up) - Do for 20 sec		
	4. Bridge (Halfway Bridge Press) - Do for 20 sec		
	5. Chin-Ups (Jump Halfway, Pull to Hold, Controlled Lower) - Do as many as you can in 20 sec while not letting go of the bar		
	6. Inverted Press (Inverted Press Halfway, Weight to the Front) - Do 20 sec		
	7. L-sit (Tuck Hold) - Hold for 20 sec		
	8. Hollow Body Series (Face Down) - Do 20 sec		
Day 2	Active recovery day (work on Vitamin, Focused Flexibility, or other light training program)	no rating needed	no rating needed

Use the following measures to rate your exercises:

Ease : max effort, challenging, solid, relaxed

Quality: broken, rough, smooth, snappy

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Day	Do This	Rating Ease	Rating Quality
<p>Day 3</p> <p>Do 3 rounds of this circuit, rest 2-3 min between rounds.</p> <p>Work on the fourth easiest variation of the exercises.</p> <p>Round:</p> <p><input type="checkbox"/> 1</p> <p><input type="checkbox"/> 2</p> <p><input type="checkbox"/> 3</p>	1. Broad Jumps - Do 3		
	2. Shrimp Squats (Three-Quarter Shrimp Squat) - Start on weak leg. Do as many as you can in 20 sec (on each leg, with good form)		
	3. Push-Ups (Full Push-Up) - Do for 20 sec		
	4. Bridge (Full Bridge Press) - Do for 20 sec		
	5. Chin-Ups (Full Chin-Up) - Do as many as you can in 20 sec while not letting go of the bar		
	6. Inverted Press (A-Frame Inverted Press, Head to Floor) - Do 20 sec		
	7. L-sit (Single Leg Extended) - Hold for 20 sec		
	8. Hollow Body Series (Face Up, Side, Face Down) - Do each version for 20 sec (for Side version do both sides)		
Day 4	Active recovery day (work on Vitamin, Focused Flexibility, or other light training program)	no rating needed	no rating needed

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Day	Do This	Rating Ease	Rating Quality
<p>Day 5</p> <p>Do 3 rounds of this circuit, rest 2-3 min between rounds.</p> <p>Work on the fifth easiest variation of the exercises.</p> <p>Round:</p> <p><input type="checkbox"/> 1</p> <p><input type="checkbox"/> 2</p> <p><input type="checkbox"/> 3</p>	1. Broad Jumps - Do 3		
	2. Shrimp Squats (Full Shrimp Squat, No Leg Hold) - Start on weak leg. Do as many as you can in 20 sec (on each leg, with good form)		
	3. Push-Ups (Hollow Body Push-Up) - Do for 20 sec		
	4. Bridge (Full Bridge Press) - Do for 20 sec		
	5. Chin-Ups (Full Chin-Up) - Do as many as you can in 20 sec while not letting go of the bar		
	6. Inverted Press (Legs Elevated Inverted Press) - Do 20 sec		
	7. L-sit (Both Legs Extended Hold) - Hold for 20 sec		
	8. Hollow Body Series (Face Up, Side, Face Down) - Do each version for 20 sec (for Side version do both sides)		
Day 6	Active recovery day (work on Vitamin, Focused Flexibility, or other light training program)	no rating needed	no rating needed
Day 7	Rest day (relax and have fun!)	no rating needed	no rating needed

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Quality: broken, rough, smooth, snappy