

Muscle Splits

Today's workout is broken up into body parts. We will focus on the upper body, lower body and then core. You will complete each exercise for 8 reps, then 10 reps, and then finish with 12 reps. After completing each set, take a 1 minute rest before repeating exercises. These exercises should be completed under control to build muscle strength.

Round 1 - Upper Body - 8,10,12

- Hand-Release Tempo Pushup (Hand off ground at bottom)
- Shoulder Tap/Plank Pull-through (Ea)
- Tricep Dips
- Wideouts (Plank kick through)

Round 2 - Lower Body - 8,10,12

- Goblet Pause Squats (Pause at bottom of each rep)
- Goblet Side Lunges (Ea)
- Rear Foot Elevated Split Squats (Ea)(Back foot on step)
- Feet Elevated Glute Bridges (Heels on step)

Round 3 - Core - 8,10,12

- Side Plank Reach Through (Ea)
- Hollow Drop (Lay on back, drop heels to floor & back up)
- Straight Leg Sit-up + Towel Ripper (Lay flat on floor, sit up tall and row towel down to chest)