



Name: _____

A Body Comp/Muscular Endurance

Beginner - AST Supplemental

			Date			Date			Date		
	Movement	Reps	Tempo								
A1	Poliquin Step-Up (mid-shin or lower)	18-20	2011								
Rest	45 seconds										
A2	Wall Slide	18-20	2020								
Rest	45 seconds										
B1	1-Leg Toe Touch (BW only)	18-20	2010								
Rest	45 seconds										
B2	Thoracic Extension on Swiss Ball	AMAP*	2011								
Rest	60 seconds (*As Many As Possible)										

B Body Comp/Muscular Endurance

Beginner - AST Supplemental

			Date			Date			Date		
	Movement	Reps	Tempo								
A1	30-Degree Incline DB Flye	18-20	2210								
Rest	45 seconds										
A2	Sumo-Stance Kettlebell Deadlift	12-15	3010								
Rest	45 seconds										
B1	Ring Row, Underhand Grip	18-20	2011								
Rest	45 seconds										
B2	Heel-Elevated Bodyweight Squat	18-20	3010								
Rest	45 seconds										

**ALL TOGETHER
ALL STRONGER**