



Name: \_\_\_\_\_

**A German Body Composition**

Intermediate - AST Supplemental

			Date				Date				Date			
Movement	Reps	Tempo												
A1 DB Russian Step-Up	6	XOXO												
Rest 0 seconds														
A2 DB Step-Up	8-10	3010												
Rest 60 seconds (note: complete both A1 and A2 on one leg, rest 10 seconds, then switch legs, rest when completed with both legs)														
B1 Medicine Ball Slam (heavy)	6	XOXO												
Rest 10 seconds														
B2 DB Push Press, Neutral Grip	8-10	3110												
Rest 60 seconds														
C1 Lying Candlestick Leg Raise	8-10	2012				X				X				X
Rest 10 seconds														
C2 Plank Reach, alternating	10-12	2020				X				X				X
Rest 10 seconds														
C3 Thoracic Extension on Swiss Ball	12-15	2012				X				X				X
Rest 60 seconds														

**B German Body Composition**

Intermediate - AST Supplemental

			Date				Date				Date			
Movement	Reps	Tempo												
A1 Barbell Deadlift on Podium	6-8	4010												
Rest 10 seconds														
A2 Kettlebell or Dumbbell Swing	10	XOXO												
Rest 60 seconds														
B1 Band Pulldown, Neutral Grip	10-12	3011												
Rest 10 seconds														
B2 30-degree Incline DB Row, Elbows Out, Pronated	12-15	2011												
Rest 60 seconds														
C1 Stability Ball Bridge	10-12	2012				X				X				X
Rest 10 seconds														
C2 Stability Ball Pike, eccentric focus	8-10	6010				X				X				X
Rest 10 seconds														
C3 Pushup Plank on stability ball	45 sec	XXXX				X				X				X
Rest 60 seconds														

**ALL TOGETHER  
ALL STRONGER**