



Name: _____

A Body Comp

Intermediate - AST Supplemental

			Date	Date	Date	Date
Movement	Reps	Tempo				
A1 Ring Row, Underhand Grip	18-20	2011				
Rest	45 seconds					
A2 1-Leg KB Deadlift	12-15	3110				
Rest	45 seconds					
B1 PVC Overhead Squat	18-20	3110				
Rest	45 seconds					
B2 60-degree Incline DB Flye	18-20	2110				
Rest	45 seconds					
C1 Front Plank	60sec	XXXX		X		X
Rest	45 seconds					
C2 Side Plank	30sec	XXXX		X		X
Rest	45 seconds					

B Body Comp

Intermediate - AST Supplemental

			Date	Date	Date	Date
Movement	Reps	Tempo				
A1 Straight-Leg Back Extension, Toes Out	10-12	2014				
Rest	45 seconds					
A2 Pushup, feet on Swiss Ball	13-15	4010				
Rest	45 seconds					
B1 DB Split Squat	8-10	3010				
Rest	45 seconds					
B2 Wide-Grip Rack Pullup	12-15	3012				
Rest	45 seconds					
C1 Spread-Eagle Situp	12-15	2010		X		X
Rest	45 seconds					
C2 Hanging Bent-Knee Leg Raise	10-12	3010		X		X
Rest	45 seconds					

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