

PERUVIAN
AMAZON 2013

Strength & Stability Training
Phase 2



EXERCISE	DESIRED SET/REP/REST			SEPT 24TH	SEPT 26TH	OCT 1ST	OCT 3RD	OCT 8TH	OCT 10TH	OCT 15TH	OCT 17TH	OCT 22ND	OCT 24TH	
1a. Low Cable Split Squat to Single Row: Maintain good alignment throughout. Stay within a comfortable range of motion Tempo: slow	2	8 Each Side	0	<input type="checkbox"/> S1	<input type="checkbox"/> S1	<input type="checkbox"/> S1	<input type="checkbox"/> S1	<input type="checkbox"/> S1	<input type="checkbox"/> S1	<input type="checkbox"/> S1	<input type="checkbox"/> S1	<input type="checkbox"/> S1	<input type="checkbox"/> S1	
				<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2
				<input type="checkbox"/> S3	<input type="checkbox"/> S3	<input type="checkbox"/> S3	<input type="checkbox"/> S3	<input type="checkbox"/> S3	<input type="checkbox"/> S3	<input type="checkbox"/> S3	<input type="checkbox"/> S3	<input type="checkbox"/> S3	<input type="checkbox"/> S3	<input type="checkbox"/> S3
1b. BOSU Supine Hip Extension March: Keep core engaged, maintain glute contraction. Do not allow hips to drop or pelvis to rotate. Progress by crossing arms across chest - and maintaining stability with no "un-wanted" movement Tempo: slow	2	Up to 12 each side	2 Min	<input type="checkbox"/> S1	<input type="checkbox"/> S1	<input type="checkbox"/> S1	<input type="checkbox"/> S1	<input type="checkbox"/> S1	<input type="checkbox"/> S1	<input type="checkbox"/> S1	<input type="checkbox"/> S1	<input type="checkbox"/> S1	<input type="checkbox"/> S1	
				<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2
				<input type="checkbox"/> S3	<input type="checkbox"/> S3	<input type="checkbox"/> S3	<input type="checkbox"/> S3	<input type="checkbox"/> S3	<input type="checkbox"/> S3	<input type="checkbox"/> S3	<input type="checkbox"/> S3	<input type="checkbox"/> S3	<input type="checkbox"/> S3	<input type="checkbox"/> S3
2a. Push Up to Single Hold: Push up with both arms, hold at top for at least 3 seconds on a single arm. Place feet wide. Keep core engaged - do not allow pelvis to rotate or back to sag. Tempo: push up controlled - then hold 3 sec	2	Up to 12 total	0	<input type="checkbox"/> S1	<input type="checkbox"/> S1	<input type="checkbox"/> S1	<input type="checkbox"/> S1	<input type="checkbox"/> S1	<input type="checkbox"/> S1	<input type="checkbox"/> S1	<input type="checkbox"/> S1	<input type="checkbox"/> S1	<input type="checkbox"/> S1	
				<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2
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2b. Single Leg Lower with Elastic Band Isometric Shoulder Extension: Keep core engaged and low back in contact with the floor (do not allow low back to arch). You should feel this working the lower abdominal area - you should NOT feel this in the low back. Maintain scapula set - do not shrug. Focus on keeping both knees fully extended - do not allow "up" leg to move. Tempo: slow	2	Up to 15 each side	0	<input type="checkbox"/> S1	<input type="checkbox"/> S1	<input type="checkbox"/> S1	<input type="checkbox"/> S1	<input type="checkbox"/> S1	<input type="checkbox"/> S1	<input type="checkbox"/> S1	<input type="checkbox"/> S1	<input type="checkbox"/> S1	<input type="checkbox"/> S1	
				<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2
				<input type="checkbox"/> S3	<input type="checkbox"/> S3	<input type="checkbox"/> S3	<input type="checkbox"/> S3	<input type="checkbox"/> S3	<input type="checkbox"/> S3	<input type="checkbox"/> S3	<input type="checkbox"/> S3	<input type="checkbox"/> S3	<input type="checkbox"/> S3	<input type="checkbox"/> S3
2c. Split Postion Cable Static Rotation Press: Keep core engaged - do not allow hips to shift or pelvis to rotate. Begin with low load and maintain good alignment. Gradually progress with increased resistance - while still maintaining strict form. Tempo: slow + 3 sec hold	2	Up to 12 reps each side	1.5 Min	<input type="checkbox"/> S1	<input type="checkbox"/> S1	<input type="checkbox"/> S1	<input type="checkbox"/> S1	<input type="checkbox"/> S1	<input type="checkbox"/> S1	<input type="checkbox"/> S1	<input type="checkbox"/> S1	<input type="checkbox"/> S1	<input type="checkbox"/> S1	
				<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2
				<input type="checkbox"/> S3	<input type="checkbox"/> S3	<input type="checkbox"/> S3	<input type="checkbox"/> S3	<input type="checkbox"/> S3	<input type="checkbox"/> S3	<input type="checkbox"/> S3	<input type="checkbox"/> S3	<input type="checkbox"/> S3	<input type="checkbox"/> S3	<input type="checkbox"/> S3

ENSURE STRICT TECHNIQUE THROUGHOUT ALL EXERCISES, AND MAINTAIN THIS TECHNIQUE AS YOU PROGRESS THE INTENSITY. THERE SHOULD BE NO PAIN WHILE PERFORMING ANY OF THE EXERCISES, IF PAIN IS EXPERIENCED STOP THE ACTIVITY AT ONCE.