

Next Level High Threshold One

Exercise	Focus	Cues
Tall Kneeling Step Outs	Core Control	Stay tall/No side bend as you step out
High Low Wall Presses	Scapular Stability	Press hands into wall at 1&7,5&11 o'clock
Disassociation Push Up	Disassociation	Open chest/Stable lowerbody/Knee drive
Lateral Lunge to Post	Lateral Stability	Good hiphinge/Drive off bent leg/Stick it
3 Position Plank	Core Control	Body moves 1 piece/Elbows under shoulder
Metabolic Step Up	Metabolic	30sec work:1min rest X 2sets

Perform 2 Sets Then Cool Down