XL Athlete Suspension Training Workout #2

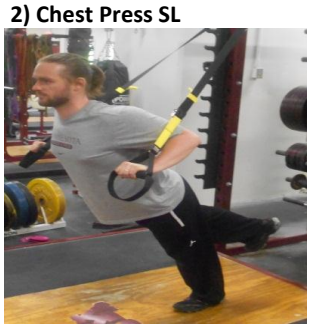
created by Tad Johnson

Circle the desired parameters for the workout

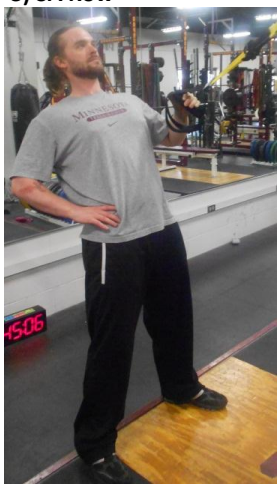
Sets	1	2	3	4	5	6	7	8
Rest After Set	30s	60s	90s	2min	3min	4min	5min	6min
Duration of Set	7s	10s	15s	20s	25s	30s	35s	40s
Rest After Exercise	10s	15s	20s	25s	30s	40s	50s	60s

1) SL Squat

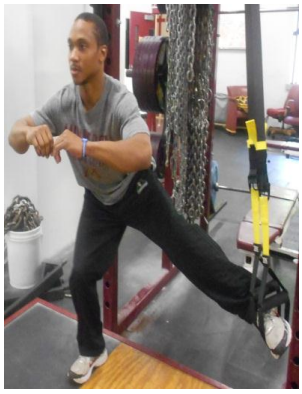
2) Chest Press SL



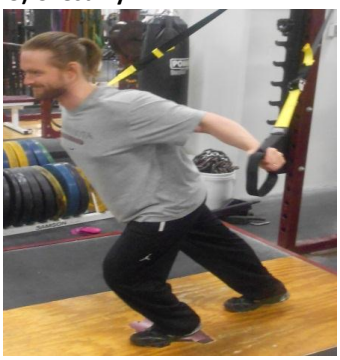
3) SA Row



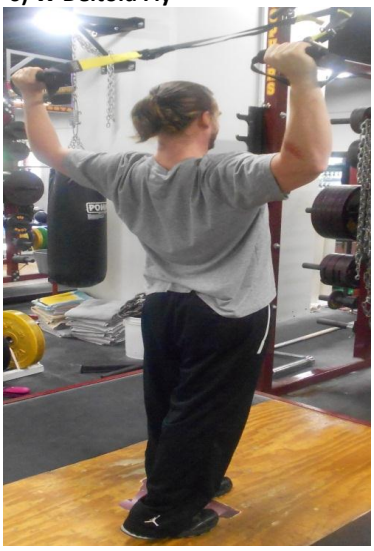
4) Abducted Lunge



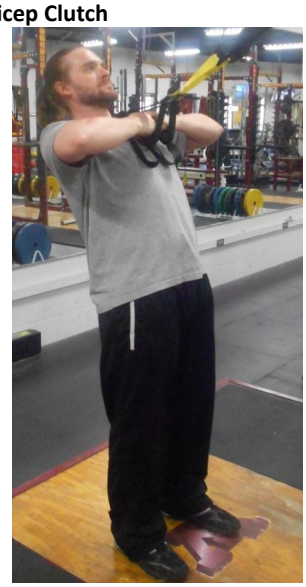
5) Chest Fly



6) W Deltoid Fly



7) Alternating Hamstring Curl

8) Push up + Oblique Crunch

9) Bicep Clutch