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Iso Adaptability For Sport 1

The complete the following workouts using **5 reps** on each exercise or body part for the time chosen below.

Choose Your Level	
Level 1	2:00
Level 2	2:30
Level 3	3:00
Level 4	3:30
Level 5	4:00

1) Dumbbell Bench Press Adaptability

Mark off the number of sets you complete in the time chosen

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30

2) Step Up Adaptability

Mark off the number of sets you complete in the time chosen

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30

3) One Arm Lat Pull Down

Mark off the number of sets you complete in the time chosen

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30

4) Over Head Lat Raise Adaptability

Mark off the number of sets you complete in the time chosen

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30

5) Reverse Grip Tricep Push Down Adaptability

Mark off the number of sets you complete in the time chosen

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30

6) Hammer Curls

Mark off the number of sets you complete in the time chosen

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30

7) Over Head Sit Up Adaptability then Back Extension With X Pattern

Mark off the number of sets you complete in the time chosen

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30



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Iso Adaptability For Sport 2

The complete the following workouts using **5 reps** on each exercise or body part for the time chosen below.

Choose Your Level	
Level 1	2:00
Level 2	2:30
Level 3	3:00
Level 4	3:30
Level 5	4:00

1) Dumbbell Incline Press Adaptability

Mark off the number of sets you complete in the time chosen

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30

2) Piston Squat Adaptability

Mark off the number of sets you complete in the time chosen

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30

3) One Arm Lat Pull Down

Mark off the number of sets you complete in the time chosen

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30

4) Over Head Lat Raise Adaptability

Mark off the number of sets you complete in the time chosen

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30

5) Reverse Grip Tricep Push Down Adaptability

Mark off the number of sets you complete in the time chosen

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30

6) Hammer Curls

Mark off the number of sets you complete in the time chosen

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30

7) Leg Curls Adaptability

Mark off the number of sets you complete in the time chosen

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30

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