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Plate Workout For Sport 1

1) Rotational Lunge Out Side

5 Reps Each Way



5) OH Backward Walk Lunge

5 Reps – Each leg



2) Dynamic OC Squats

5 inches up and down – 30 Reps



6) Lateral Squat Shuffle

8 Reps to Left and Right



3) Standing Twist and Press

6 Reps – Each leg



4) Squatting and Plate Press

30 Reps



Secrets Of Russian Training

Secrets
Of Russian Sports
Fitness and Training

By Michael Yessis, Ph.D.

Methods
Of A
Sports
Empire

At The **XL** Athlete Store

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Plate Workout For Sport 1

7) Squat and Punch

10 Reps



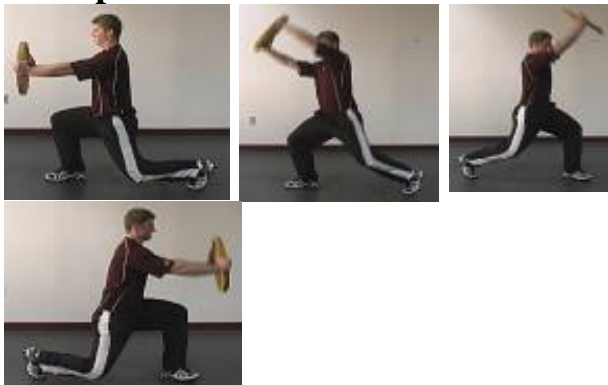
8) Iso Split Squat and Punch

10 Reps E. Leg



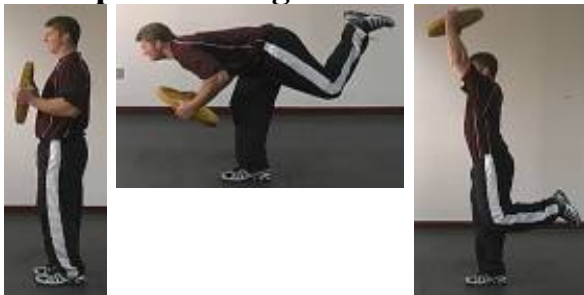
9) OH Rotational Lunge

10 Reps



10) 1 Leg RDL With Press

10 Reps Each Leg



11) Lunge with Plate Hold

6 Reps E. Leg



12) Seated Twist and Punch

20 Reps Each Side

