



MAC STRENGTH

Left-Right-Left



TOTAL WORKOUT TIME:
41 MINUTES



GYM EQUIPMENT / SETUP:
BENCH, 1-2 MODERATE WEIGHTS, LOOP BAND, SLIDER

HOME EQUIPMENT:
BENCH, 1-2 MODERATE WEIGHTS, LOOP BAND, SLIDER

| EXERCISE | TIME | REPS |
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Start with the MAC Warmup routine

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| • Unsupported One Arm Row | 30 Seconds per side | 8-10 reps per side |
| • Slider Reverse Lunge | 30 Seconds per side | 6-10 reps per side |
| • Bear Crawl w/ Shoulder Tap | 20 Seconds per side | 6-10 reps per side |
| • Psoas March | 30 Seconds per side | 6-8 reps per side |
| • Floor Press | 30 Seconds per side | 8-10 reps per side |

45 SECONDS REST - REPEAT X4