MAC FOUNDATION

Side by Side

TOTAL WORKOUT TIME:
35 MINUTES

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

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

EXERCISE	TIME	REPS
Start with the MAC Warmup routine		
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

REST 45 SECONDS - REPEAT X3

MAC FITNESS

MAC Fitness recommends completing 3 workouts per week with rest days between each workout. This Is to promote a fitness plan that you can stick with for the rest of your life. Movement - Accomplishment - Consistency (M A C)