

Aerobic Block Contralateral Circuit Station
Training no pictures

Reverse Lunge Right with Band Row Left
Reverse Lunge Left with Band Row Right
Step up Right with Shoulder Press Left
Step up Left with Shoulder Press Right
Right Leg Deadlift Left Arm Row
Left Leg Deadlift Right Arm Row
Piston Squat Right with Left Arm Band Row
Piston Squat Left with Right Arm Band Row
Reverse Lunge Right Shoulder Press Left
Reverse Lunge Left with Shoulder Press Right
Step up Right with Left Arm Band Row
Step up Left with Right Arm Band Row
RDL with Overhead Press
Close Leg RDL with Twisting Row
Step up Right with Band Press Left
Step up Left with Band Press Right
Right Leg RDL with Left Arm Row
Left Leg RDL with Right Arm Row
Split Squat Right with Left Shoulder Press
Split Squat Left with Right Shoulder Press

Reverse Lunge Right with Band Press Left

Reverse Lunge Left with Band Press Right

RDL with Row

Piston Squat Left with Band Press Right

Piston Squat Right with Band Press Left

Bent over Face Pulls

Squat and Band Chest Press

Squat with Band Row

RDL Windmill

Split Squat Left with Right Arm Band Press

Split Squat Right with Left Arm Band Press

Overhead RDL

Right Leg Deadlift with Left Arm Band Row

Left Leg Deadlift with Right Arm Band Row

Split Squat Right with Left Arm Band Row

Split Squat Left with Right Arm Band Row

Squat with Shoulder Press

Squat with Right Arm Row

Squat with Left Arm Row

Piston Squat Right with Shoulder Press Left

Piston Squat Left with Shoulder Press Right