

Vector Program

Warm Up

1. Body Squat 10
2. Lawn mower R leg 15
3. Lawn mower L leg 15
4. A to P Lunge R leg 10
5. A to P Lunge L leg 10

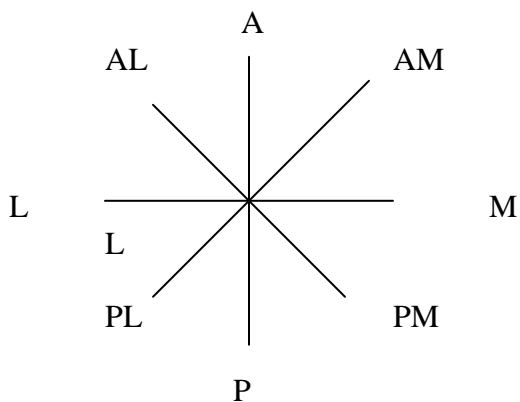
Exercises (some ab work between sets crunch, reverse crunch, ect.)

1. Single Leg Squat 3 * 10
2. A lunge with shoulder press with lb 10
3. PL lunge with shoulder press with lb 10
4. L lunge with shoulder press with lb 10
5. A lunge toe to shoulder press 10
6. PL lunge toe to shoulder press 10
7. L lunge toe to shoulder press 10
8. A lunge weight to stationary foot 10
9. PL lunge weight to stationary foot 10
10. L lunge weight to stationary foot 10
11. Body Squat 3 * 10
12. Step up 3 * 10

Other poss.

- Lb waist high anterior reach
- Lb waist high transverse reach
- Lb waist high transverse reach opp. Direction
- Lb above head posterior reach
- Lb at shoulder height
- Lb at foot height
- Movements AL to PM; L to M; ect

LEFT SIDE



RIGHT SIDE

