



MODERATE INTENSITY STRENGTH TRAINING

TRAINING PROTOCOL 3, 4 & 7: TIME UNDER TENSION (TUT) 30 SECONDS

WARM UP: Perform each warm up exercise for 1 minute. Training Protocol: TUT 30 Seconds.

Perform each of the 6 training exercises in the order listed below for **30 seconds** to complete 1 circuit. Minimize transition time between exercises.

Recover for 1 minute between circuits. Complete this circuit 6 times. COOL DOWN: Perform each cool down exercise for 1 minute.

WARM-UP	TRAINING EXERCISES	COOL-DOWN
Backstroke Shoulder Rotations	TRINITY SQUAT Recruit: Box Squat Proby: Ball Squat Fire Fighter: Ball of Foot Smoke Eater: Jump Squat	Backward Bend
Hitchhiker	QUAD PRESS Recruit: Quad Press Proby: Forward Ellipse Fire Fighter: Reverse Ellipse Smoke Eater: Swinging Plank	Side Bend Right and Left
Gunslinger	SPINAL ROCK Recruit: Basic Proby: Pike Fire Fighter: Straddle Smoke Eater: Knee Drop	Seal
Full Torso Rotations	LEG SWOOP Recruit: Knee Through Proby: Leg Through Fire Fighter: Mountain Climber Smoke Eater: Full Swoop	Upward Facing Dog
Pelvic Tilts Front/Back	PLANK Recruit: Forearm/Knee Proby: Forearm/Foot Fire Fighter: Hand/Foot Smoke Eater: Alt Superman	Floor Scorpion
Closed Chain Knee Circles	ROLLING SIDE PLANK Recruit: Forearm/Knee Proby: Forearm/Foot Fire Fighter: Hand/Foot Smoke Eater: Starfish	Pigeon