

AEROBIC BLOCK CONTRALATERAL 3D CIRCUIT

1. L Step Up to R Band Row
2. R Step Up to L Band Row
3. L Split Stance to R DB OH Press
4. R Split Stance to L DB OH Press
5. L Piston Squat to R Band Row
6. R Piston Squat to L Band Row
7. RDL to Viper OH Rot. Press
8. RDL to Viper OH Press
9. L Lateral Lunge to R Band Row
10. R Lateral Lunge to L Band Row
11. L SL RDL to Viper Press
12. R SL RDL to Viper Press
13. L X-Under Lunge w/ L Band Row
14. R X-Under Lunge w/ R Band Row
15. L Step Up to R DB OH Press
16. R Step Up to L DB OH Press
17. L Rot. Lunge w/ R Band Press
18. R Rot. Lunge w/ L Band Press
19. RDL to Band Row
20. RDL to Band Face Pull
21. L Fwd Lunge w/ Viper Rot. Press
22. R Fwd Lunge w/ Viper Rot. Press
23. RDL to L Band Rotational Row
24. RDL to R Band Rotational Row
25. L Piston Squat to Viper Press
26. R Piston Squat to Viper Press
27. L SL RDL w/ R DB Row
28. R SL RDL w/ L DB Row
29. L Lateral Lunge to R DB OH Press
30. R Lateral Lunge to L DB OH Press
31. L SL Deadlift to R Plate Row
32. R SL Deadlift to L Plate Row
33. L Split Stance w/ R Band Row
34. R Split Stance w/ L Band Row
35. L SL Deadlift to Plate Press
36. R SL Deadlift to Plate Press
37. L Rev Lunge to R Band Row
38. R Rev Lunge to L Band Row
39. Staggered RDL to L Band Press
40. Staggered RDL to R Band Press

