

Canfitpro Montréal 2019

BodyWeight Blast -Session 400

Training Blocks include Cardio/Conditioning/Core Ingredients

Block 1: Squat Focus

- Side Squat Shuffle side to side, Jack Squat Out/IN, Squat Oblique Jump
- Squat Walk/Surrender Combo, Squat & OH Reach, Side Bender w Dbl HeelLift
- Walking Plank/Alt Knee Crunch Combo

Block 2: Lunge Focus

- Shuffle OTS & Travel, 3x Pulse Plyo Lunge & Squat Jump, Inchworm into Back-stepping Lunge
- Back Lunge/Knee/Front Lunge, Stationary Lunge & Rotate Dbl Heel lift
- Plank Stomp w Low Lunge Combo

Block 3: Lateral Movement Focus

- 3,2,1 Zig Zag Run Combo, Power Skate Front/Jack Back
- Alt Side Lunge/Curtsy Lunge Combo, Figure '4' Sit & Reach, Oblique Crunch Lateral Lunge Combo
- Side Plank Variations/Obliques/Side Plank Clam Shell

Block 4: Team Play & Upper Body

- Circle Run/Sprint/Freeze Thruster, Frog Leap/Run back
- Hand Release Push-up, Walking Push-up, Swimmer/Flutter Kicks, Crab Kick Combo

Thank you!

Lisa Mastracchio ☺

