

WorkingList

Type	Description	Day	Sets / Time	11/17/19	11/16/19	11/15/19	11/14/19	11/5/19
Strength	Handstand, wall supported	Strength(1)	60s RL 3 sets of max reps, 7 second reps		X	57s	24, 23	15s + 33s
Strength	Bulgarian Split Squat	Strength(1)			X	RL 3x8 7s		R 7x8s L 7x8s
Strength	L-sit	Strength(1)	30 sec		X	25s, tucked		
Accessory	One leg stand eyes closed	Accessory(2)	RL 60s	X	X	RL 60s		
Accessory	Side Leg Lift (Glute Medius)	Accessory(2)	LR 3 sets to failure	X	X	3 x 15 or so, holding for good burn		
Accessory	Rotator Cuff Side laying							
Accessory	External Rotation with weight	Accessory(2)	LR 1 X 10	X	X	LR 1 X 10		
Accessory	Rotator Cuff, lying prone							
Accessory	External Rotation with weight	Accessory(2)	LR 1 X 10	X	X	LR 1 X 10		
Accessory	Rotator Cuff: I/Y/W/T	Accessory(2)	1 X 10	X				
Accessory	Supermans	Accessory(2)	2 x 10	X				
Accessory	Bicycles	Accessory(2)	1 X 40	X				
Cardio	Walking	Accessory(2)	60 m	X				