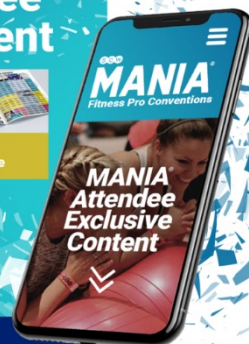
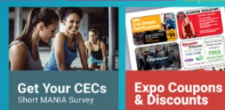


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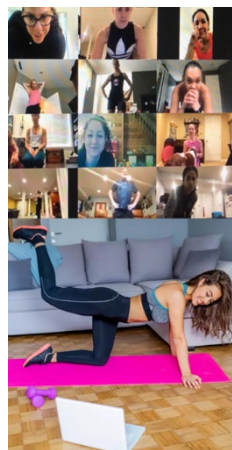
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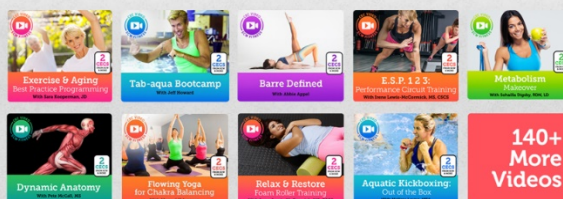
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# Total Bodyweight Blast: an equipment-free strength & conditioning class

with Brook Benten, M.Ed. Contact: BB@BrookBenten.com FB/Insta/Twitter:  
@BrookBenten

Rationale: This class works every major muscle group in progressions of increasing intensity. Each block includes three progressions: 1. A stable strength exercise 2. A compound (multi-muscle, multi-joint) exercise 3. An “all out” dynamic power exercise. Here’s the Format!

Block 1:  
Legs

Block 2:  
Chest & Shoulders

Block 3:  
Backside

Block 4:  
Butt (Glute Max)

Block 5:  
Triceps

Block 6:  
Adductors (Glute Med/Min)

Block 7:  
Biceps

Block 8:  
Core

All blocks are to be performed twice before progressing to the following block.

\*\*\*\*\*

**SCW LiveStream MANIA Class-** These are the choreography notes for the Nov. 7, 2020 session!

Warm Up

## **Block 1: LEGS**

Prisoner Squat

Prisoner Squat to Lunge Forward

Prisoner Squat to Plyo Lunge Forward

*Set 2 on other leg*

**Block 2: CHEST & SHOULDERS**

Push-Ups  
Push-Up to Lateral Hop  
Plyo Donkey Kicks ("Rocky Balboas")

**Block 3: BACKSIDE**

Bent Over Y  
Kneeling Y to 2 Bird Dogs  
Superman Burpees

**Block 4: BUNS (GLUTE MAX)**

Knee Repeaters ("Screamer Lunges")  
2 Knee Repeaters, 1 Vertical Knee Lift  
Repeat Vertical Knee Lifts ("Sprinters")  
*Set 2 on other leg*

**Block 5: TRICEPS**

Triceps Push-Ups  
3-point Triceps Push-Up to 3-Legged Dog  
Hover with Alternating Hip Hypers ("Peg Leg")

**Block 6: ABDUCTORS (+GLUTE MED/MIN)**

Standing Hip Abduction with Triple Pulse  
Side Kick to Lateral Lunge  
Alternating Low Lateral Lunges  
*Set 2 on other leg*

**Block 7: BICEPS**

Mid-Range Biceps Curls with triple pulse  
Reciprocating Biceps Curls with Reverse Lunge  
Plyo Lunges with Isometric Biceps Curl

**Block 8: CORE**

Planks  
Kick Throughs  
Straddle Leap to Kick Through

Music Used: Power Music *Virtual Class Music* "Vocal Pop Mix" at 128 BPM.  
RoyaltyFreeFitnessMusic.com