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Клацуни для активзації...

Side Plank Arch: SL/PE15

Mastery
To move to the next progression, you must be able to perform 5 sets of 10r (each side) along with the coupled mobility.

Focus Points
1) Allow the body to arch downward fully.
2) Keep the body aligned, no piking forwards or backwards.

Block 1: If you are not remotely close to mastery
Week 1 = 3x2r
Week 2 = 5x2r
Week 3 = 3x4r
Week 4 = 3x2r (deload)

| Block 2: If you can do some sets, but not at mastery |
| Week 5 = 4x4r |
| Week 6 = 4x6r |
| Week 7 = 5x6r |
| Week 8 = 5x3r (deload) |
| Block 3: If you need more endurance to achieve mastery |
| Week 9 = 4x8r |
| Week 10 = 4x10r |
| Week 11 = 5x10r |
| Week 12 = 5x5r (deload) |

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