

# PYTHON POWER

## PHASE 2: SUBMISSION STAMINA - DAY 1

EXERCISE	REPS	TEMPO	REST	SETS
1) GOOD MORNING CURLS	8 - 12	CONTROL	1 MIN	3 - 5
A2) HIP RAISES MB	12 - 20 TOTAL	CONTROL	↓	3 - 4
A3) ROPE HAMMER CURL ROW	12 - 15	CONTROL	30 s ↑	3 - 4
4) HIP EXTENSIONS SB	6	2 5 X	30 s	3
5) SLITHERING CIRCUIT <ul style="list-style-type: none"> <li>• SPRAWL</li> <li>• SCORPION STRIKE X 2</li> <li>• HOP TO BREAKFALL</li> <li>• TRIANGLE X 2</li> <li>• STAND IN BASE</li> </ul>	6 - 10	QUICK BUT CONTROLLED	1 - 2 MIN	3 - 5

### NOTES

- WHEN YOU PERFORM THIS WORKOUT FOR A 5<sup>TH</sup> TIME, PERFORM THE # OF SETS OUTLINED IN THE 4<sup>TH</sup> WORKOUT ON THIS SHEET (LAST COLUMN)

EXERCISE	DATE				
1) GOOD MORNING CURLS		3 sets	4 sets	5 sets	3 sets
2) HIP RAISES MB		3 sets	4 sets	3 sets	4 sets
3) ROPE HAMMER CURL ROW		3 sets	4 sets	3 sets	4 sets
4) HIP EXTENSIONS SB		3 sets	3 sets	3 sets	3 sets
5) SLITHERING CIRCUIT		6 x 3 sets	8 x 4 sets	10 x 4 sets	6 x 5 sets

# PYTHON POWER

## PHASE 2: SUBMISSION STAMINA - DAY 2

EXERCISE	REPS	TEMPO	REST	SETS
1) BEAR HUG ROW	8 - 12	CONTROL	1 MIN	3 - 4
2) 1-ARM SB POWER PRESS	6 - 8 PER	EXPLOSIVE	1 MIN	3 - 4
3) FAT BAR 1-ARM ROW	20 - 30 PER	FAST	30 s	2 - 3
4) LEG CURLS MB	8 - 12	CONTROL	1 MIN	3 - 4
A5) RUSSIAN TWISTS MB	8 12 TOTAL	FAST	↓	2 - 4
A6) DB SWING CURLS	12 - 15		30 s ↑	2 - 4
B7) LEG SWOOP	6 - 10 PER		↓	2 - 3
B8) INVERTED ISO ROWS	3/H/3/H/3/H	HOLD 4-8 s	30 s ↑	2 - 3

EXERCISE	DATE				
1) BEAR HUG ROW		3 sets	4 sets	3 sets	4 sets
2) 1-ARM SB POWER PRESS		3 sets	4 sets	3 sets	4 sets
3) FAT BAR 1-ARM ROW		2 sets	3 sets	2 sets	3 sets
4) LEG CURLS MB		3 sets	3 sets	4 sets	3 sets
A5) RUSSIAN TWISTS MB		3 sets	4 sets	3 sets	2 sets
A6) DB SWING CURLS		3 sets	4 sets	3 sets	2 sets
B7) LEG SWOOP		2 sets	2 sets	3 sets	3 sets
B8) INVERTED ISO ROWS		4 s x 2 sets	6 s x 2 sets	6 s x 3 sets	8 s x 3 sets