

## COMBO PLANNING TEMPLATE

MUSCLE TARGETS: \_\_\_\_\_ (full body, bicep|tricep, back|chest, shoulders, back|bicep, chest|shoulder|tricep)

5-6 balanced postures

### Weights

1. \_\_\_\_\_  
Arms + Legs muscle group

2. \_\_\_\_\_  
Arms + Legs muscle group

(optional)

3. \_\_\_\_\_  
Arms + Legs muscle group

### TRX

1. \_\_\_\_\_  
Posture muscle group

2. \_\_\_\_\_  
Posture muscle group

(optional)

3. \_\_\_\_\_  
Posture muscle group

Muscle Group Balance: \_\_\_\_\_ (list how many you have of each target)

List of leg postures for weighted combo:

- Reverse lunge
- Crescent Lunge
- Plie Squat
- Side Lunge
- Curtsy Lunge
- Power Base
- Power Diamond
- Kneeling on mat (single leg or both knees down)
- All 4's

Tips:

- Choose leg postures different than your leg work section
- Combos need to fit into a 4/8 count rhythm.
  - Ex. 1 arnold press at 2-count + 2 bicep curls standard tempo in a plie squat
  - 4 tricep kickbacks to standard tempo in crescent lunge
  - At standard count, Lat pull down, extend bicep tray out, pull bicep tray in, reach over head (start again for lat pull down)
- Add separate full body postures (TRX skaters, etc. ) ONLY if you have balance in the upper body and it enhances the program!
- Make Upper body exercises the priority. This is the one section of class we are focusing on this area, so make it count!