

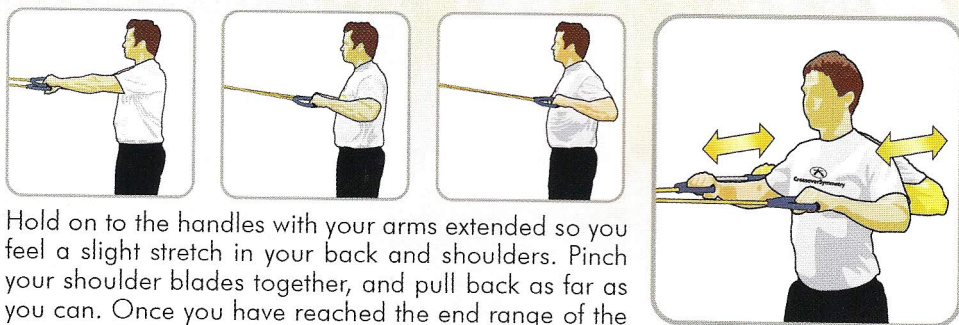
# ADVANCED

## WORKOUT REGIMEN

WHEN PERFORMING THE ADVANCED WORKOUT YOU WILL PERFORM FIVE OSCILLATIONS AT THE END RANGE OF EACH EXERCISE. THESE OSCILLATIONS, OR CROSSOVER PLYOMETRICS, CREATE THE SAME POWERFUL AND QUICK CONTRACTION THAT IS NEEDED TO PROPERLY DECELERATE THE ARM DURING OVERHEAD ACTIVITY.

### CROSSOVER ROW

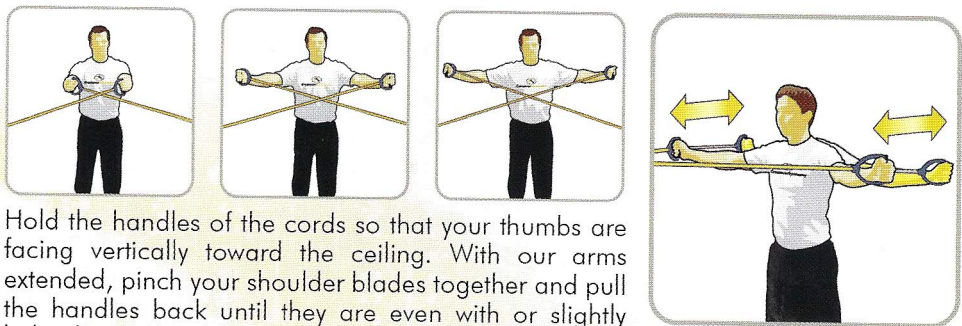
Level: **EYE**  
 Cord: **HEAVY**  
 Repetitions: **6**  
 Oscillations: **5**  
 Osc. Range: **8"**



Hold on to the handles with your arms extended so you feel a slight stretch in your back and shoulders. Pinch your shoulder blades together, and pull back as far as you can. Once you have reached the end range of the exercise, oscillate back and forth five times.

### CROSSOVER REVERSE FLY

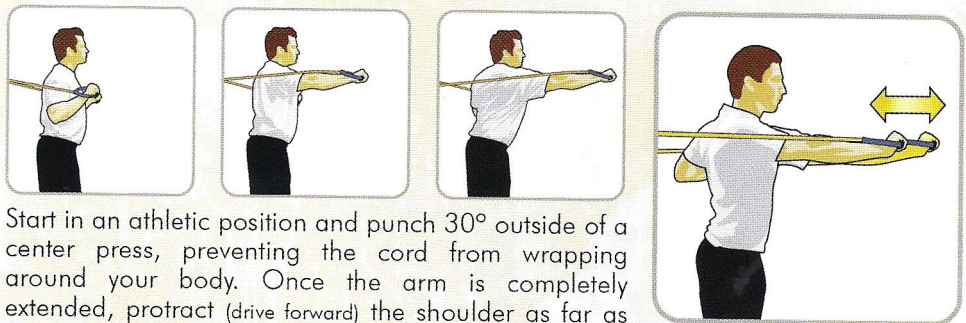
Level: **EYE**  
 Cord: **LIGHT**  
 Repetitions: **6**  
 Oscillations: **5**  
 Osc. Range: **12"**



Hold the handles of the cords so that your thumbs are facing vertically toward the ceiling. With our arms extended, pinch your shoulder blades together and pull the handles back until they are even with or slightly behind your shoulders. Once you have reached the end range, oscillate 5 times.

### CROSSOVER PUNCH PLUS

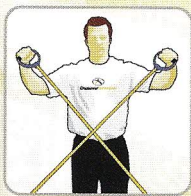
Level: **EYE**  
 Cord: **HEAVY**  
 Repetitions: **6**  
 Oscillations: **5**  
 Rng: **8" AT SHOULDER**



Start in an athletic position and punch 30° outside of a center press, preventing the cord from wrapping around your body. Once the arm is completely extended, protract (drive forward) the shoulder as far as you can and then retract (draw back) the shoulder. Repeat this motion, protract and retract, for 5 oscillations and then move back to the starting position. *Tip: Focus on keeping your elbow straight throughout the exercise.*

## CROSSOVER 90/90

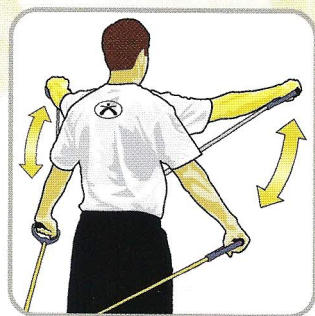
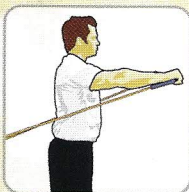
Level: **KNEE**  
 Cord: **LIGHT**  
 Repetitions: **6**  
 Oscillations: **5**  
 Osc. Range: **12"**



Start with elbows slightly bent. Slowly pull up and back until the hands are directly vertical above the elbows. This creates a 90° angle from the shoulder to the hand and a 90° degree angle from the waist to the elbow. Once you have reached the end range of the exercise, oscillate 5 times.

## CROSSOVER SCAPTION

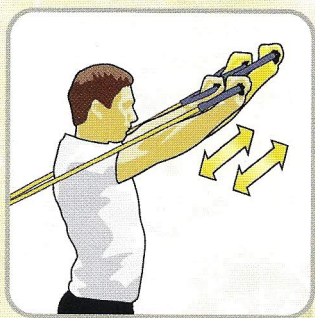
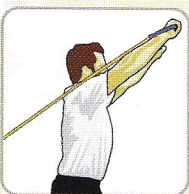
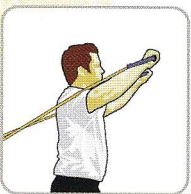
Level: **KNEE**  
 Cord: **LIGHT**  
 Repetitions: **6**  
 Oscillations: **5**  
 Osc. Range: **18"**



With your arms extended, grab the handles behind your back next to your back pockets. Slowly lift the cord up and forward in a 45° angle from your body. Once you reach shoulder height, oscillate 5 times.

## CROSSOVER INCLINE PLUS

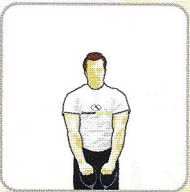
Level: **KNEE**  
 Cord: **HEAVY**  
 Repetitions: **6**  
 Oscillations: **5**  
 Rng: **8" AT SHOULDER**



Hold the handles next to your shoulders so the resistance cord is resting on top of your forearms. You should feel a slight stretch in the pectoral muscles. From this position, press the handles up and forward until your arms are extended. To finish the exercise, protract (drive forward) the shoulders as far as you can and then retract (draw back) the shoulders. Repeat this motion, protract and retract, for 5 repetitions and then move back to the starting position.

## CROSSOVER VICTORY

Level: **KNEE**  
 Cord: **LIGHT**  
 Repetitions: **6**  
 Oscillations: **5**  
 Osc. Range: **12"**



With your arms extended, lift the cord vertically until your arms are directly overhead. Once you have reached the end range of the exercise, oscillate back and forth 5 times.