



SHOCK & AWE STRENGTH



ANABOLIC
Running

SHOCK AND AWE STRENGTH: *EXERCISE* *GUIDE*

EXERCISE

CLICK FOR VIDEO

PUSH-UP	VIDEO DEMO
PIKE PUSH-UP	VIDEO DEMO
BENCH DIPS	VIDEO DEMO
INCLINE PUSH-UP	VIDEO DEMO
DECLINE PUSH-UP	VIDEO DEMO
PLANK UP-DOWN	VIDEO DEMO
CLOSE PUSH-UP	VIDEO DEMO
SKULL CRUSHER	VIDEO DEMO
ELEVATED PIKE PUSH-UP	VIDEO DEMO

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CLICK FOR VIDEO

DIVE BOMB PUSH-UP	VIDEO DEMO
DELT PUSH-UP	VIDEO DEMO
STAGGERED PUSH-UP	VIDEO DEMO
DIPS	VIDEO DEMO
UP-DOWNS	VIDEO DEMO
BURPEES	VIDEO DEMO
SQUAT	VIDEO DEMO
SQUAT w/ TOE RAISE	VIDEO DEMO
JUMP LUNGE	VIDEO DEMO

SHOCK AND AWE STRENGTH: *EXERCISE* GUIDE

EXERCISE

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BACKWARD LUNGE	VIDEO DEMO
JUMP SQUAT	VIDEO DEMO
SQUAT & HOLD	VIDEO DEMO
SINGLE LEG SQUAT	VIDEO DEMO
WALKING LUNGE	VIDEO DEMO
AUSTRALIAN PULL-UP	VIDEO DEMO
AUSTRALIAN BICEP CURL	VIDEO DEMO
PULL-UP	VIDEO DEMO
HANGING BICEP CURL	VIDEO DEMO
CHIN-UP	VIDEO DEMO