



Eccentric Workout



Push Ups

1 Set of 6 (10 Seconds Lowering) Reps



Beginner

Elevated Push Up



Intermediate

Knee Push Up



Advanced/Ninja

Full Push Up

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Squats

1 Set of 6 (10 Seconds Lowering) Reps



Advanced/Ninja

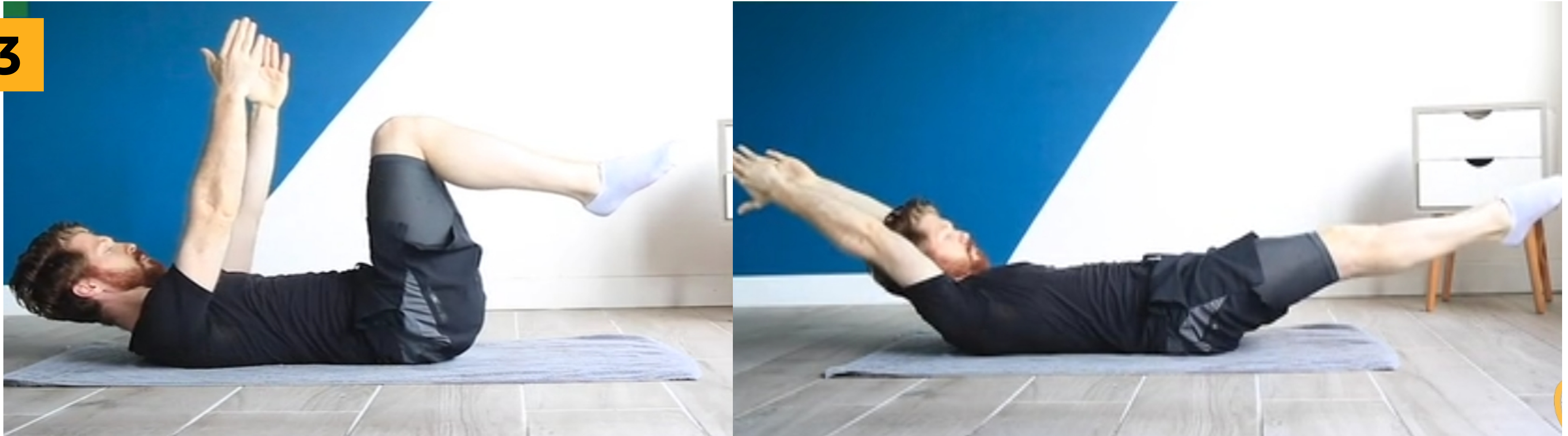
One Leg Squat



Advanced Ninja

Add Plyo Jump After Squat

3



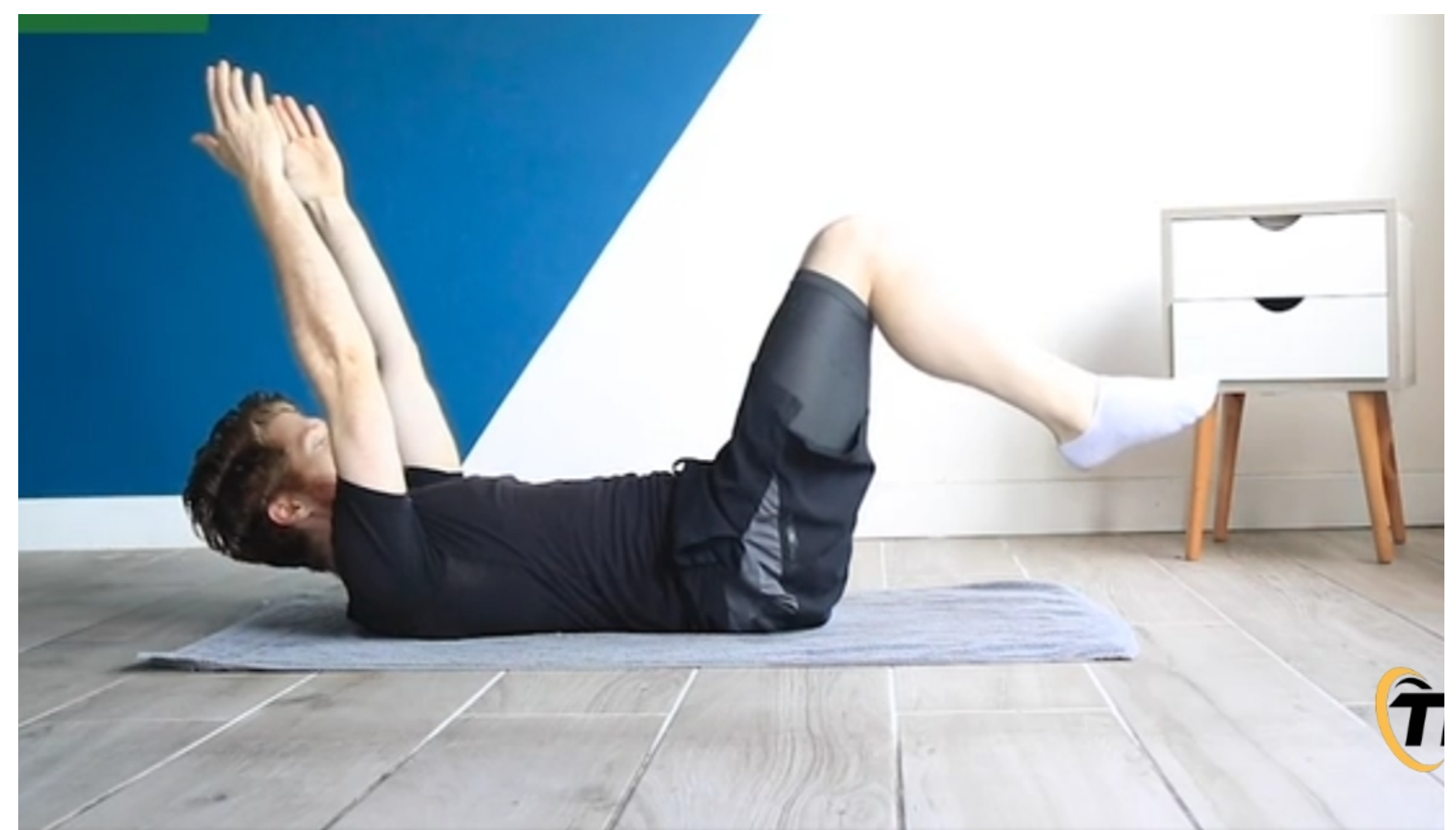
Hollows

1 Set of 6 (10 Seconds Lowering) Reps



Beginner

McGill Curl Modification



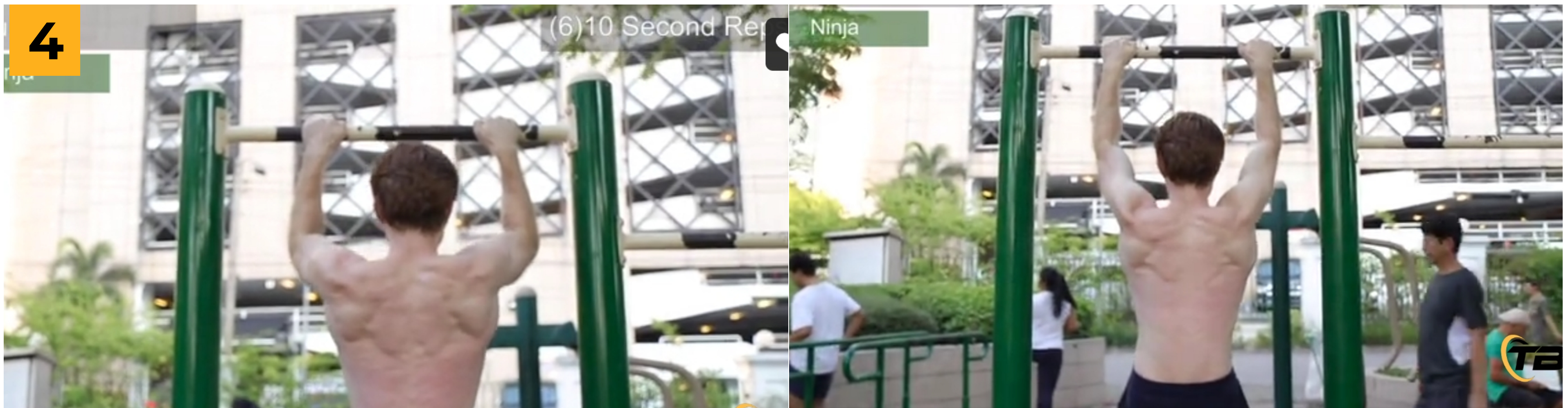
Intermediate

Partial Hollow Extension



Advanced/Ninja

Full Hollow Extension



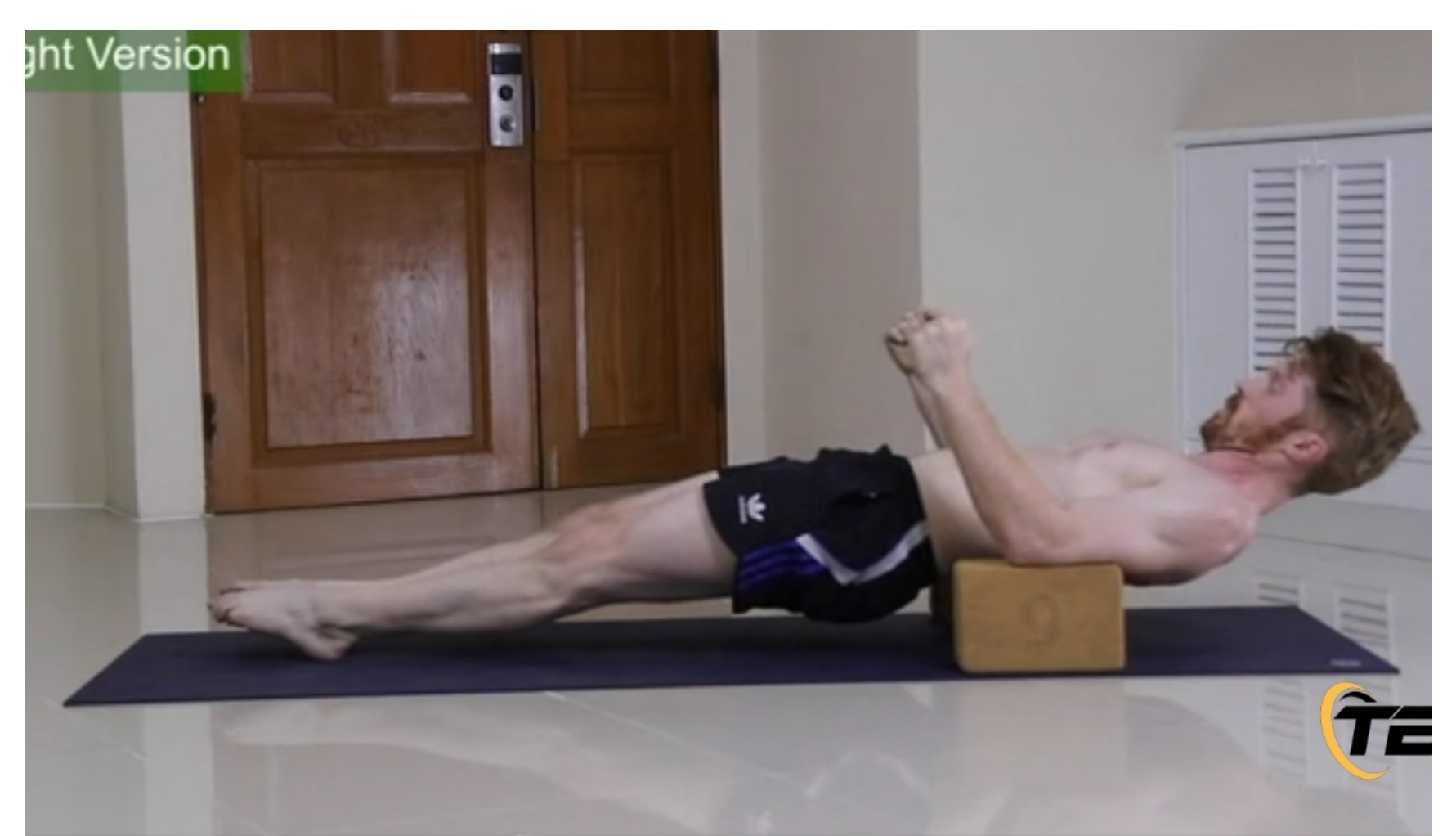
Pull Ups

1 Set of 6 (10 Seconds Lowering) Reps



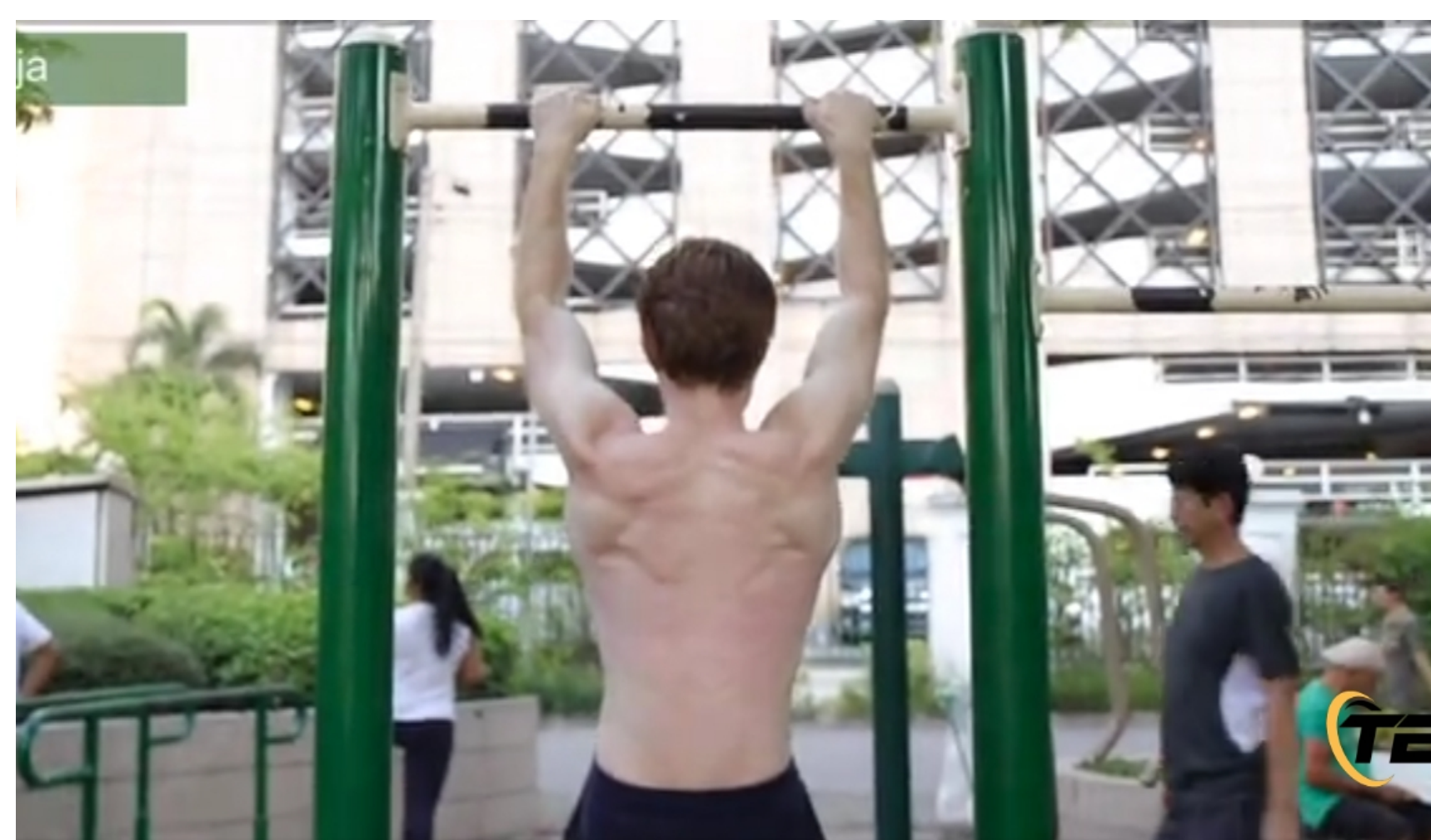
Beginner

Resistance Band Version



Bodyweight Version

Block, Sturdy Chair Reverse Push Up



Advanced/Ninja

Negative Pull Up with No Assistance



Eccentric Workout

Important!

#1 Push Ups

- 1 set of 6 (10 seconds) reps

#2 Squats (*Advanced perform 1 set of 6 for each leg)

- 1 set of 6 (10 seconds) reps

#3 Hollows

- 1 set of 6 (10 seconds) reps

#4 Pull Ups

- 1 set of 6 (10 seconds) reps

Repeat for total 3 rounds

*If need, rest 1-2 minutes after each round