

# INTEGRATED STRENGTH COMBOS

## Integrating Multi-Joint Multi-Planar Multi-Set Combos



In Power Wellness  
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### CLASS DESIGN

- Warm Up
- Rehearsal of Major Movement Patterns
- Integrated Strength
- Cool Down
- Stretch



#### MOVES

- Double Move
- Triple Move
- Quadruple Move

#### SETS

- Uni-Set
- Bi-Set
- Tri-Set
- Quad-Set



#### INTERVAL LENGTHS

- 15 seconds
- 30 seconds
- 45 seconds
- 60 seconds

#### REST LENGTHS

- 15 seconds
- 30 seconds
- 45 seconds
- 60 seconds

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is a fitness and mind body guru, leading industry educator, programmer and public speaker. Jessica brings a wealth of information, charisma and personality to each session making them fun and easy to learn from

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NOTES:

#### Seamless Double Move Bi-Set

##### Dumbbells

- One Leg Deadlift into Alternating Low Row
- Curtsy Lunge into Side Lunge
- Front & Lateral Raise into Reverse Lunge
- Plank with Row into Push Up

##### Tubing

- Squat into One Arm Flye with Rotation
- Squat Side Walk with Bent Arm Lateral Raise(DB)

#### Double Move Bi-Set

##### Dumbbells

- Side Squat into One Arm Press (seamless)
- Wood Chop
- Chest Press
- Double Leg Stretch

##### Tubing

- Diagonal Lat Pull Down
- Arms Overhead Around the World

#### Triple Move Tri-Set

##### Dumbbells

- Squat
- Bicep Curl
- Shoulder Press
- High Bent Row
- Low Bent Row
- Overhead Tricep Extension

##### Body Weight

- Side Balance
- Side Leg Lift
- Leg Pull

##### Tubing

- Chest Press
- Shoulder Press
- Shoulder Stabilization

- Deadlift/Hip Hinge
- High & Low Bent Row
- Chicken Wings

#### Quadruple Move Uni-Set

##### Dumbbells

- Front Raise
- Lateral Raise
- Reverse Lunge
- Reverse Lunge
- Forward Lunge
- Side Lunge
- Back Lunge
- Curtsy Lunge

#### Quadruple Move Tri-Set

##### Body weight

- Plank
- Side Plank
- Side Plank
- V-Sit

#### Seamless Quadruple Move Uni-Set

##### Dumbbells

- Pinwheel Lunge
- Cheerleader

