

Opposites Attract Support

Week 3 TNT

To build the perfect body, you need to work everything. It's no good just training your abs and neglecting your lower back or working your quads but doing nothing for your hamstrings. The main issue with performing more work for one muscle group than its opposing one is that it can lead to injuries, poor or weak posture and an unbalanced physique. The proper name for opposing muscle groups is antagonists. Whenever one muscle contracts, its antagonist relaxes. While there is no absolute best ratio, a good approach is to take a 1-to-1 ratio.

Don't sweat it too much if your reps are slightly off in one workout, it should balance out in the next. Shoulders have three muscle groups; it is appropriate to incorporate tri-sets with three exercises instead of two. Some muscles don't have opposites. Don't forget to work them, too.

Another suggestion is to vary the muscle group you start each set with so each has a chance to "start fresh". Click on exercises for a demonstration. Your choice to use weights or resistance bands. Some demos are seated, standing or using a stability ball, feel free to perform them they way you are most comfortable.

Instructions: Perform the exercise in the either the Agonist column or Antagonist column, then the one that works the OPPOSITE muscle in the other column. Complete all exercises listed working one row at a time. Go all the way through with 10-15 reps of each to complete one set. Do round again for 2nd set preferably starting in the opposite column.

		WARMUP (once)	
		Arm Circles (each direction)	
		Side steps	
		High Knee Marches	
AGONIST		VS.	ANTAGONIST
		UPPER BODY	
Bicep Curls			Triceps Kickbacks
Chest Flys			Reverse Flys
Shoulder Presses		Shoulder Shrugs	Dumbbell Front Raises
		Wrist Curls	
		LOWER BODY	
Standing Adductions			Standing Abductions
Front Kicks			Back Kicks
Squats			Hamstring Curls
		Calf Rocking with Dumbbells	
		CORE	
Crunches			Back Extension
Child's Pose			Upward Dog
		Plank	
		COOL DOWN (once)	
		Suggestion: Cool Down Video	

Scoring:

5 Ninja Belt Points for a perfect score OR Earn 2 Ninja Belt Points for completing your own ST workout.

5 points per exercise or 100 points per set

Set 1: _____ Set 2: _____ Set 3: _____ Bonus for 3 full sets: _____ (100) Total: _____ (400 possible)