



Cory Payne Training

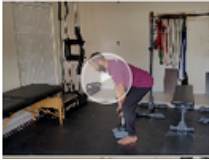
Sway Back Focused Program

Instructions

Do 2 or 3 rounds set of exercises.

Keep a speed of 2 seconds down and 2 seconds up on all reps.

Add weight or reps until you feel a good challenge without losing form or over using your lower back.



Superset of 3 sets

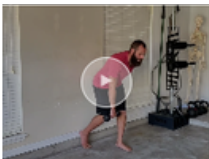
Toes Elevated Elevated Dumbbell or Kettlebell Deadlift
10 Reps



Long Seated Band or Cable Press
10 Reps each side

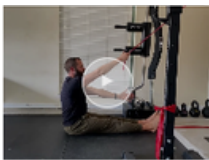


Long Seated Single Arm Cable or Band Rows
10 Reps on each side



Superset of 3 sets

Single Leg Deadlift with Back heel on wall and Contralateral Load
10 Reps on each side, use support on free hand side



Long Seated Single Arm Band or Cable Pulldown
10 Reps on each side



Do 2 or 3 rounds set of exercises.

Keep a speed of 2 seconds down and 2 seconds up on all reps.

Add weight or reps until you feel a good challenge without losing form or over using your lower back.

Superset of 3 sets



Goblet Squat to Bench
10 reps

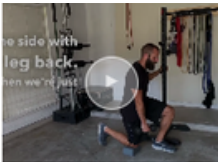


Hooklying Single Arm Dumbbell Floor Press
10 reps on each side

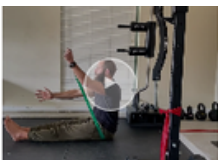


Bent Over Single Arm Row
10 reps on each side

Superset of 3 sets



Toes Elevated Supported Bent Over Split Squat with
Contralateral Load
10 reps on each side



Long Seated Single Arm Band Overhead Press
10 reps on each side