



# Eccentric Workout

**\*Perform 3 sets of 6 Eccentric Reps of each of the 5 exercises below. You will count 10 seconds for each rep.**

## 1. Eccentric Push Up – 3 sets of 6 (10 second) reps



## 2. Eccentric Squat – 3 sets of 6 (10 second) reps



## 3. Eccentric Incline Push Up – 3 sets of 6 (10 second) reps





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## 4. Eccentric Ab Row – 3 sets of 6 (10 second) reps



## 5. Eccentric Pull Up – 3 sets of 6 (10 second) reps

