



Eccentric Workout

***Perform 3 sets of 6 Eccentric Reps of each of the 4 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 Ab Row – 3 sets of 6 (10 second) reps





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



[Watch Demo here: https://youtu.be/aVh1XDe2wtg](https://youtu.be/aVh1XDe2wtg)