

Ⓐ CNS Warm-Up
3 sets Burpees w Jump x3

Mon 11-29-10

Ⓑ 5 Quick Sets
Chin-Ups w 1 Mag (40lb) 8-10
Dips w 1 Mag (40lb) 8-10
Partner Squat 8-10
Dorsal Flex + Toe Raise 10

Ⓓ 5 SETS
Partner Table Leg Push-Ups 15
Pike Incline Push-up 15
Plyo Jump w Knee Tuck 15
Incline 45° Push-Ups 15

Ⓒ 5 PAUSE SETS (3 sec)
Chin-Ups
Dips
Squat
Toe Raise
ALL BODYWEIGHT
6-8 reps ea

Ⓔ STEP-UPS
30/30 15 sets ~~90%~~ 90% w/
~~100%~~ 100% / R