

(A) Joint Mobility

Mon 10-4-10

(B) ~~6~~ SETS

- 60lb Neg. Chin-Ups 4-5
- Full Weight Partner Neg Push-Ups 4-5
- Heavy/Deep Partner Squats 6

- ~~(D) 5 SETS~~
- ~~15 Hanging Knee Raises~~
 - ~~15 Alt Leg V Ups~~
 - ~~15 Seated Leg Up Twists~~

(C) 5 SETS

- 15lb Close Chin-Ups w 2sec Pause @ Top 6 ~~10~~
- 15lb Diamond Push-Ups w 2sec Pause @ Top 10
- *15lb Bench/Table Depth Jumps 6 ~~10~~

(D) 5 SETS

- 15lb Hanging Knee Raises 15
- 15lb Wide Leg Sit-Ups 10
- 15lb Alt Leg V Ups 10 ea
- 15lb Seated Leg Up Twists 10 ea
- Ø Bicycles 30 ea

(E) ~~Unit~~ Intervals

~~30 for 12 sets (+60sec w-up / 60sec down)~~ cool