

A) Joint Mobility

Mon 10-25-10

B) Chin-Up / Squat / Push-Up / ^{Dorsal Flex} ToE Raises

2 Sets x All \emptyset wt. (BodyWt.) x 10 ea

1 Sets x 15lb (10) x Partner (10) x Handstand (10) x DFTR (10)

1 set x 30lb (8) x "Exp" 8 x "medi" 8 x " " 10

1 set x 45lb (6) x "Exp" 6 x "c" 6 x " " 10

5 Sets x 60lb (4) x plyo 4 x "h+og" 4 x " " 10

2 sets x 30lb (10) x w (10) x w (10) x 10

3 Sets x ^{Plyo} \emptyset (6) x jump (6) x Flat Clap (6) x Ankle Flips (6)



TOTAL Sets = 15 Chin-Ups

45 Sets Leg Muscles

15 (Grip)

15 (B's)

15 (Tri's)

15 Squats

15 Push-Ups

15 Tibia/Calves

60 Sets

C) Abs 5 SETS

15lb Hang Knee RZ x 10

\emptyset Hang Scissors 10 ea

15lb Supine Leg RZ x 10

\emptyset Supine Leg Scissors x 10 ea

15lb Alt V-Ups x 10 ea

\emptyset Bicycles x 20 ea

15lb Standing Twists x 10 ea

\emptyset Standing Knee RZ x 10 ea

D) Unit Cardio

20 mins follow ^{the} leader

with 30 sec recovery

ea person picks exercise.