

A) CNS WARM-UP

TUES 12-21-10

3 sets Pull-Ups (5) + Burpee w Jump (5)

B) 5 SETS

Wide Body Wt Pull-Up	12-15
Handled P-Ups on Dip Bar w Feet on Chair	"
Partner Squats	"
Ren Lunge w Knee Raise	6-8 ea leg
Ren Lunge w Knee Raise	

D) 5 SETS (Consecutive)

Up Dog/Down Dog	x 10
High Plank	2 mins
Elbow Plank Roll	10 ea side
Hamstring Bridge	1 min ea Leg

C) 5 SETS

Close Grip Body Wt. Pull-Up	12-15
Handled Flys on Dip Bar w Feet on Ground	"
Partner Squats	"
Dorsal Flex + Toe Raise	"

E) ~~5~~ 5 SETS (30 sec ea)

Mt. Climbers
Dryland Swim
Flutter Kicks
Bicycles
Hamstring March
Wipers