

CNS WARM-UP

TUE 12-28-10

2 sets (5) Pull-Ups + (5) Burpees w Jump

ⓓ 4 SETS AB CIRCUIT (30 sec each)

ⓑ 8 SETS (Quick)

- (50lb) Pull-Ups (Shoulder Width) 12
- Dip Bar Handle Push-Ups (Feet on chair) 12
- Bulgarian Split Squat 6ea
- Dorsal Flex + Toe Raise 12

- Mt. Climbers
- Prone Hyperextensions
- Prone Rev. Hypers
- Supermen
- Dryland Swim
- Flutter Kicks
- Scissors

ⓒ 6 SETS PLYO CIRCUIT

- Switch Jumps 4ea
- Shuffle Push-Ups 4ea
- Squat Jump w Knee Tuck 6
- Plyo Push-Up (Clap) (Chest) 6
- Toe Jumps 8
- Jumping Jacks 20 Fast

ⓔ 4 SETS Up Dog / Down Dog x 15

- Bicycles
- Wipers