

February 10, 2010
Weekly PT



Complete this workout as fast as possible!

For time: Record your best time.

Partition the exercises as needed.

- 20 40-yd sprints
- 30 8-count bodybuilders
- 40 burpees
- 50 star jumps
- 60 striders (lunge jumps)
- 70 squat jumps
- 80 hops
- 90 4-count jumping jacks
- 100 half jumping jacks
- 200 squats

Enjoy =)

For video description of exercises: <http://trainonline.smithsports.us/exercises.htm>