

February 17, 2010

Weekly PT



Warm Up:

Frankenstein
Butt Kicks
High Knee Skip
Side Shuffle
Carioca
Lunge w/ Oblique Twist
Lunge w/ Overhead Reach
Lunge w/ Elbow to Instep

Perform each of the following exercises for 21, 15, then 9 reps as fast as possible.

Push Ups
Squats
Atomic Sit Ups

Workout: You will need a stop watch or a clock for the next circuit.

Tabata Gone Bad: You are going to do 8 min or 16 rounds of the following sequence – 20 sec work, 10 sec rest. You will alternate between exercise A and B the entire time, doing 8 rounds of each.

1A) Striders
1B) Walkouts

2A) Bootstrappers
2B) Divebombers

3A) 180 Squat Jump
3B) Burp (Squat Thrust)

4A) Squats
4B) Push Ups

5A) Atomic Sit Ups
5B) Lower Body Rotation

6A) Front Plank
6B) Flutter Kicks

Enjoy =)

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