

March 10, 2010
Weekly PT



60-50-40-30-20-10

60 seconds of work, 60 second rest, 50 seconds work, 50 seconds rest, and so on till you do 10 seconds work, 10 seconds rest

Pushups – Goal 200

Run 1 Mile

Sit-ups – Goal 200

Run 1 Mile

Pull-ups – Goal 75

Run 1 Mile

Hand Stand Pushups – Goal 100

Run 1 Mile

Squats – Goal 250

Run 1 Mile

Enjoy =)

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