

**April 28, 2010**  
**Weekly PT**



Warm Up:  
Frankenstein Walk  
High Knee Skips  
Side Shuffle  
Carioca  
Gorilla Walk  
Back Pedal  
Lunges  
Lunge w/ Oblique Twist  
Lunge w/ Overhead Reach  
Lunge w/ Elbow to Instep

1-15 rep rounds of:  
Manmakers w/ 10-30 lb db  
Atomic Push ups on TRX  
Pull ups or TRX Rows  
Jacks (8 count bodybuilders w/ feet jump out performed while holding at bottom of push up)  
Front squats w/ 10-30 lb db  
**First round, 1 rep of each exercise. Second round, 2 reps of each exercise. Continue until you complete 15 reps of each exercise.**

**Enjoy =)**

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