

① WARM-UP Joint Mobility

② 8 SETS

50lb Wide Pull-Up	4-6
Partner Incline Push-Up (One Leg)	6 ea leg
Partner Squat (Heavy)	6-8
Single Leg Push-Up	8 ea leg
Alternating Lunges	8 ea leg
* Jumping Jacks *	24

③ 5 SETS

∅ Close Grip Pull-Up	10
Divebombers P-Ups	10
100yd Line Pop-Ups	-
Recline Close Grip Pulls	10
100yd Line Pop-Ups	-
50lb Upright Rows (Bag)	10
Dorsal Flexion / Toe Raise	10

MON 9-27-10
FRI 10-1-10

④ 5 SETS

5lb Hang Knee Raises	15
5lb Alt. V-Ups	10 ea
10lb Sprinter Sit-Ups	8 ea
10lb Seated Leg-Up Tuck	10 ea
∅ Bicycles	20 ea
∅ Standing Knee Raises	20 ea

⑤ UNIT INTERVALS

Any Mode
10 working Sets
60%^{max} / 30sec w/r 90% / 60%
= 15 mins