

MON 10-11-10 Holiday
TUE 10-12-10

Ⓐ Joint Mobility

Ⓑ 8 SETS

40lb Wide Pull-Up 6-8
Wide Handstand PUp 10-12
Partner Squat 15-20
Dorsal Flex^{to}/oe Raise 20

Ⓒ 5 SETS

40lb Wide Pull-Up w 2sec Pause 6
~~Wide Pull-Up~~
Divebomber/Hindus PUp 10
Sprint to Low Bar
Wide Rectine Pulls 15
Sprint Back

Ⓓ 5 SETS

15lb Hanging Knee Raise 15
ϕ Bikes 30
10lb ϕ Supine Leg Raises 10
ϕ Wipers 10 ea
15lb Seated Leg Up Twists 15 ea
ϕ Supine Knee Twists 15 ea

Ⓔ UNIT INTERVALS

Ⓟ 15' / 30" w/R

- 5 Mt. Climbers
- 5 Burpees
- 5 Jumping Jacks