

① 10 SETS

THURS. 10-14-10

- 40lb Chin-Ups 8
- Wheel Barrow Diamond P-Ups 10 ea leg
- 15lb Leap Frogs 6
- Dorsal Flexion-Toe Raise 15

② 5 SETS

- 15lb ^{Hanging} Knee Raises 10
- Ø Side/Oblique Raise 5 ea
- 15lb Standing Knee Raise 10 ea
- 15lb Chops 10 ea
- 10lb St. Arm Twists 10 ea

③ 2 SETS

- Ø Chin-Ups 1 sec Pause Top 10
- Flat Diamond P-Ups 1 sec Pause Top 10
- Squats 1 sec Pause Bot 10

④ UNIT INTERVALS

- ⑤ Mt. Climbers 1/30 ^{w/2}
- ⑤ Burpee w Jump 1/30
- ⑤ Knee Raises 1/30

TOTAL = 22 mins