

(A) Joint Mobility
Dynamic Stretch

TUE 10-26-10

(B) Power/Flow Yoga
Up Dog/Down Dog
Warrior II/KungFu's

(D) Cardio/Agility
3/20yd BearCrawl/ CrabWalk/ Sprint ^{1/30sec}
3/ Carioca
2/ Box Drill w side Slides

(C) Plyos (Consecutive Sets)
5 sets Iso-Ballistic
Push-Ups ^{w Clap} / Squat Jumps ^{w Knee Tuck}
5+10sec / 5+10'

(E) Cardio Abs ^(set #5) 40sec ea
Mt Climbers
Bicycles
Knee Twists
T-Rolls
Flutters
Wipers
* Repeat 5x

5 sets Speed
Shuttle P-Ups / Switch Jumps
4 ea hand / 4 ea leg