

MENS GROUP TRAINING 9/14/09 (3 PARTICIPANTS)

PERFORMED AT THE SAME TIME THEN ROTATE TO NEXT EXERCISE/3-4 ROUNDS:

1. KETTLE BELL STABILITY BALL WALL SQUAT
 2. PUSHUP
 3. PUSHUP WITH MEDICINE BALL
- (30 SECONDS EACH)

1. SIDE SQUATS WITH KETTLE BELL ON STEPS
 2. BAND STRAIGHT ARM PULLS (LIGHT)
 3. BAND STRAIGHT ARM PULLS (HEAVY)
- (30 SECONDS EACH)

1. KETTLE BELL FORWARD LUNGE
 2. SPRINT
 3. SPRINT & BACKPEDAL
- (30 SECONDS EACH)

1. KETTLE BELL LUNGE WALK
 2. KNEES TO CHEST LOW ABS
 3. KNEES TO CHEST LAYING ON SIDE OBLIQUE WORK.
- (30 SECONDS EACH)