

WOMENS PARTNER TRAINING 9/14/09

*PERFORMED AT THE SAME TIME:

1. DUMBBELL JAB & CROSS PUNCH 12 EACH SIDE
2. SPRINT
3. DUMBBELL HOOK & UPPERCUT 12 EACH SIDE
4. SPRINT

1. DUMBBELL MODIFIED PUSHUP
2. DUMBBELL ROWS
3. STABILITY BALL LOW BACK RAISES
4. DUMBEEL V-RAISES

1. MEDICNE BALL BACK LUNGE
2. PLANK HOLD W/ HIP EXTENSIONS
3. SIDE OBLIQUE RAISES
4. PLANK HOLD W/ HIP EXTENSIONS

3-4 ROUNDS