

9/2/09 MENS GROUP WORKOUT (FOR 3 PEOPLE)

1. KETTLE BELL BENCH SQUATS 20X
2. DUMBBELL INCLINE BENCH 15X
3. HEAVY MEDICINE BALL ROTATION LOW TO HIGH 15 EACH
4. SQUAT W/ BAND REVERSE FLYS 20X

3-4 ROUNDS

1. DUMBBELL SQUAT & SIDESTEPS 20X
2. BAND LUNGE & PULLS ALTERNATE LEGS 24X
3. DECLINE CRUNCH 20X
4. LOW BACK EXTENSION 20X