

MENS GROUP TRAINING 9/20/09

3-4 PARTICIPANTS- PERFORM ONE GROUP OF EXERCISES AND PROCEED TO NEXT FOR 3-4 ROUNDS

*THIS IS A FAIRLY ADVANCED WORKOUT!

1. JUMP PULLUP
2. BURPEE WITH PUSHUP
3. MOUNTAIN CLIMBERS

1. DUMBBELL LATERAL RAISES/DB REAR DELT RAISES
2. PUSHUPS STEPPING OUT
3. 15/15/15 JUMP ROPE (15 ONE FOOT/15 THE OTHER/15 BOTH FEET)

1. WEIGHTED CARIOCA
2. SPRINT & BACKPEDAL
3. LUNGE WALK & ROTATE

1. PLANK TO PUSHUP
2. DUMBBELL ROTATE (30 SEC EACH)
3. STABILITY HIP UP & LEG CURL