

MEN'S GROUP TRAINING 11/2/09

1. BURPEES W/PUSHUPS X12
2. MOUNTAIN CLIMBERS X20
3. SPRINT & BACKPEDAL 2X
4. SHUFFLES 2X
5. CARIOCAS 2X
6. ROPE 30 EACH FOOT/30 BOTH FEET
7. FULL CRUNCHES 20X
8. HEELS TO THE SKY LOW AB LIFTS 20X

3-4- ROUNDS