

MEN'S GROUP TRAINING 11/4/09

*15 REPS EACH EXERCISE

1. DUMBBELL INCLINE PRESS
 2. EXPLOSIVE PUSHUP
 3. INCLINE PULLS
 4. 1 LEG KETTLE BELL SQUAT
 5. OTHER LEG
- 3-4 ROUNDS

1. HEELS TO SKY LOW AB LIFTS
 2. STRAIGHT ARM BAND PULLS
 3. SPLIT JUMPS 15 EACH LEG
 4. DUMBBELL LOW TO HIGH ROTATIONS
 5. REPEAT OTHER SIDE
- 3-4 ROUNDS