

MENS GROUP TRAINING 10/5/09

4 PARTICIPANTS, 4 GROUPS OF EXERCISES TO ROTATE TO, 3 ROUNDS:

1. DUMBBELL WINDOW WASHER PRESSES 15X
 2. GYM LENGTH SHUFFLE WITH THERA BAND AROUND UPPER THIGHS
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1. BENCH DIPS
 2. SPRINTS GYM LENGTH 2X
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1. KETTLE BELL SQUAT 20X
 2. PUSHUP WALK (MINUS THE PUSHUPS) ON HANDS TO ½ COURT & BACK
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1. BOSU CRUNCHES 20X
 2. 12 BURPEES