

WORKOUT OF THE WEEK 9/23/09- "4 DIFFERENT KINDS"

*MEDICINE BALL PUSHUPS

1ST ROUND: ONE HAND ON BALL 12 PUSHUPS/ OTHER HAND ON BALL 12PUSHUP

2ND ROUND: BOTH HANDS ON BALL TRICEP PUSHUPS

3RD ROUND: HANDS ON GROUND: EXPLOSIVE PUSHUP TO HANDS ON BALL
PUSHUP- ALTERNATE.

4TH ROUND: ALTERNATE OPPOSITE HANDS ON BALL BACK AND FORTH PUSHUP.
INTERVAL BETWEEN ROUNDS: DECLINE CRUNCHES 20X

*DUMBBELL SHOULDER WORK:

1ST ROUND: DUMBBELL ARNOLD PRESSES

2ND ROUND: DUMBBELL LATERAL RAISES

3RD ROUND: DUMBBELL BENTOVER REAR DELT RAISES

4TH ROUND: DUMBBELL V-RAISES

INTERVAL BETWEEN ROUNDS: BOSU KNEES TO CHEST LOW AB WORK 20X

*KETTLE BELL SQUATS & LUNGES:

1ST ROUND: KB SQUATS 25X

2ND ROUND: KB FORWARD LUNGES 20X

3RD ROUND: KB BACKWARD LUNGES 20X

4TH ROUND: KB SIDE LUNGES 20X

INTERVAL BETWEEN ROUNDS: LOWBACK EXTENSION 20X

*CALF WORK:

STABILITY BALL CALF RAISES: 15 TOES OUT

15 TOES IN

15 TOES FORWARD

JUMP ROPE: 50 1 FOOT/ 50 OPPOSITE FOOT/ 50 BOTH FEET.

*REPEAT FOR 4 ROUNDS