

WORKOUT OF THE WEEK 9/27/09 "MORE 1 MIN INTERVALS"

*YOU NEED A GYM WITH WALLS THAT YOU CAN THROW MEDICINE BALLS OFF OF:

1. MEDICINE BALL BACK LUNGE & OVERHEAD THROW
2. MEDICINE BALL SQUAT & CHEST PASS
3. MEDICINE BALL ROTATE/TOSS/& SHUFFLE (ABOUT 5 YARDS, THEN ROTATE OPPOSITE WAY, TOSS, AND SHUFFLE BACK TO STARTING POINT).
4. SPRINTS

*BEFORE GOING TO THE NEXT SERIES:

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

1. EXPLOSIVE PUSHUPS ON BENCH OR ON SMITH BAR 15X
2. KETTLE BELL SQUAT & FRONT SHOULDER RAISES 20X
3. DUMBBELL REAR DELT AND LATERAL RAISES 20X
4. 15 SQUAT JUMPS/ 20 SPLIT JUMPS

2-3 ROUNDS