

January 27, 2010
Weekly PT
300 Challenge



Warmup: 25yd each
Frankenstein Walk
Frankenstein Walk w/ Skip
Butt Kicks
Carioca
Exaggerated Carioca
High Knees
High Knee Skips
Lunge w/ Oblique Twists
Lunge w/ Overhead Reach
Lunge w/ Alt Toe Tap
Lunge w/ Elbow to Instep

Workout:

300 Reps of each of the following exercises as fast as you can! Post your times in the Forum! Easiest and most time effective way to go about this is to circuit through the exercises: 25 push ups, 50 squats, 50 flutter kicks, 25 atomics, etc.

Push Ups
Squats
Flutter Kicks
Atomic Sit Ups
Inverted Rows (use a low bar, feet on the ground extended out in front of you; pull your chest to the bar)

Finisher:

150 Burpees

Enjoy =)

For video description of exercises: <http://trainonline.smithsports.us/exercises.htm>