

February 24, 2010

Weekly PT



Warm Up:

Frankenstein
Butt Kicks
High Knee Skip
Side Shuffle
Carioca
Back Pedal

5 Rounds:

50 yd Bear Crawl
50 yd Sprint
10 Burpees

10 Rounds:

10 Walking Lunges (5 out / 5 back)
10 Push Ups
100 yd Sprint

2 Rounds:

100 Mountain Climbers
75 Squats
50 Push Ups
25 Burpees

Enjoy =)

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