



March 3, 2010

Weekly PT

Obstacle Course PT

1-3 Cycles

20 Burpees

25 Close Grip Push Ups + 25 yd Sprint

25 Hops

10 Pull Ups (or Body Rows) + 5 Burpees

10 Walkouts + 5 Burpees

25 Push Ups + 5 Burpees

25 Atomic Sit Ups + 5 Burpees

50 Squats + 5 Burpees

10 Lunges + 5 Burpees

10 Pull Ups (or Body Row) + 5 Burpees

25 Jump Squats + 5 Burpees

30 Split Squats + 5 Burpees

20 T Rotation Push Ups + 20 Lower Body Rotation + 5 Burpees

10 Walkout w/ Push Up + 20 Walking Lunges
+ 5 Pull Ups (or Body Row) + 5 Burpees

30 Striders+ 5 Burpees

25 Atomics + 25 Push Ups+ 5 Burpees

30 Sec Front Plank + 60 Sec Plank w/ Hip Drop + 5 Burpees

25 Hops + 5 Burpees

15 Close Grip Push Ups + 5 Burpees

20 Pull Ups (or Body Row) + 25 Squats + 5 Burpees

20 Close Grip Push Ups + 25 Squats

10 Burpees

50 Push Ups

Enjoy =)

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