

TYPE	EXERCISE	REPS	DATE	DATE	DATE	DATE
			weight/reps	weight/reps	weight/reps	weight/reps
Warm Up	Jump Rope	5 Mins				
Warm Up	Stretch	Hamstrings, Quads, Chest, Back				
Body Weight	Lunges	10&10				
		10&10				
		10&10				
		10&10				
Body Weight	Push Up	Max/30 secs				
		Max/30 secs				
		Max/30 secs				
		Max/30 secs				
Free Weight	Squat	10				
		8				
		6				
		6				
Body Weight	Plyometric Jumps w/ Knee Tuck	15				
		15				
		15				
		15				
Body Weight	Body Rows	Max/30 secs				
		Max/30 secs				
		Max/30 secs				
		Max/30 secs				
Stability Ball and Body Weight	Pikes	10				
		10				
		10				
		10				
Bar Bell	Thruster	15				
		15				
		15				
		15				
Body Weight	Bicycles	30				
		30				
		30				
		30				
Cool Down	Stretch	Hamstrings, Quads, Chest, Back				