



**RE-FIT**  
 R E L E N T L E S S F I T N E S S

ReFit Core & Stability Workout 9.16.2011 UrbanAthlon Training ( Approx Time: 30-40 Min)

WarmUP 20Min	Time	Reps	Intensity
Light Run ( Tread Mill is ok)	2Min		Light
Row Machine	2Min		Light
Row Machine	5Min		Medium Setting
Row Machine	2Min		Fast
<b>Rest 2Min</b>			
<b>Stability</b>			
Prisoner Squats with Jumps		45	
Bulgarian Goblet Split Squat		30	15 Pounds
Decline Pushups (Place your legs on a Bench)		20	
<b>Rest 1Min</b>			
Prisoner Squats with Jumps		45	Fast
Bulgarian Goblet Split Squat		30	15 Pounds
Decline Pushups (Place your legs on a Bench)		20	Slow
Split Jump Squats ( Hold Weight/ Straight Arms in front of chest)		40	Slow
<b>Rest 5Min</b>			
<b>Core Part 1</b>			
Swiss Ball Crunch		50	
Hanging Leg Raise			20 Seconds
Push Ups- Legs on Swiss Balls		20	
Swiss Ball JackNife		25	
<b>Rest 2Min</b>			
Swiss Ball Crunch		60	
Hanging Leg Raise			30 Seconds
Push Ups- Legs on Swiss Balls		15	
Swiss Ball JackNife		35	
<b>Core Part 2</b>			
Abs Bridge- Straight Plank			30 Seconds
Left Side Plank			30 Seconds
Right Side Plank			30 Seconds
Elevated Righ Side Plank			30 Seconds
Elevated Left Side Plank			30 Seconds
Abs Bridge- Elevated Straight Plank			30 Seconds
<b>Rest 1Min</b>			
Abs Bridge- Straight Plank			45 Seconds
Left Side Plank			30 Seconds
Right Side Plank			30 Seconds
Elevated Righ Side Plank			30 Seconds
Elevated Left Side Plank			30 Seconds
Abs Bridge- Elevated Straight Plank			45 Seconds