



ReFit Core & Stability Workout 9.20.2011 UrbanAthlon Training ( Approx Time: 55 Min)

Warm UP 10	Time	Reps	Intensity
Bike	5 Min		Light
<b>Warm UP (Part 2) 5 Min Dynamic Warmup</b>			
Low Walks		8	
High Kicks		8	
Scporions		10	
Leg Swings		10	
Reverse Lounge With Overhead Reach		8	
Hand Cross Over With Lunge		8	
Side Lounge		8	
InchWorms		8	

Description All Staiton will be 30 Seconds (2X)

<b>IMPACT 1 (2X) 5 Min</b>	
Station 1	Medicine Ball Slams ( 12-15 Pndss)
Station 2	Side Resistance Band Punch
Station 3	High Jumps In Place
Station 4	Down Resistance Band Punch
Station 5	Burpees With Jump + Pull Up Over Hand Grip
Rest 5 Min	
<b>IMPACT 2 (2X) 5 Min</b>	
Station 1	Kettle Bell Swings
Station 2	L Push Ups With Weight
Station 3	Kettle Bell Over Head Press
Station 4	Inverted Row
Station 5	Precision Jumps
Rest 5 Min	
<b>IMPACT 3 (2X) 5 Min</b>	
Station 1	Decline Burpes
Station 2	Reclining Dumbell Chest Press
Station 3	Dumbell Tap Down to Press
Station 4	Step Ups With Weight
Station 5	X-V Abs
Rest 5 Min	
<b>IMPACT 4 (2X) 5 Min</b>	
Station 1	Swiss Ball Crunch
Station 2	Swiss Ball JackNife
Station 3	Push Up Plank
Station 4	Plate Cross Over Chest
Station 5	Plank (Legs up on Platform)
Rest + Strech	