



ReFit Endurance & Lower Body Workout 10.03.2011

WarmUP (No Rest)	Reps	Intensity
Front Lounge With Overhead Reach		20
Box Jumps		30
Split Jump Squats		40
Side Lounge		40
InchWorms		15
Box Jumps With Weight Overhead		30 15 Lbs

Rest 5Min

Part 1 - A	Reps	Weight
Full Squat	15	40% Boody Weight
Step Up With Weights	15	25 Lbs
Jump Squats With Tuck	20	

Rest 2Min

Full Squat	12	60% Boody Weight
Step Up With Weights	15	30 Lbs
Jump Squats With Tuck	20	

Rest 2Min

Full Squat	8	90% Boody Weight
Step Up With Weights	15	30 Lbs
Jump Squats With Tuck	20	
Box Jumps	20	

Rest 5Min

Part 2	Reps	Weight
Split Leg Squat (Leg Elevated Back on Bench)	15	40% Boody Weight
Full Burpees With Jump		20
Split Jump Squats	45 Seconds	

Rest 2Min

Split Leg Squat (Leg Elevated Back on Bench)	12	60% Boody Weight
Full Burpees With Jump	15	
Split Jump Squats	45 Seconds	

Rest 2Min

Split Leg Squat (Leg Elevated Back on Bench)	8	90% Boody Weight
Full Burpees With Jump	15	
Split Jump Squats	45 Seconds	
Box Jumps	20	

Rest 5Min

Repeat Below 4X- No Rest

A. Left Side Plank	30 Seconds	
B. Right Sight Plank	30 Seconds	
C. Straight Plank	45 Seconds	