



ReFit Endurance Workout 9.28.2011

WarmUP (No Rest)			
	Time	Reps	Intensity
Front Lounge With Overhead Reach		15	
Box Jumps		30	
Split Jump Squats		30	
Side Lounge		30	
InchWorms		10	
Box Jumps With Weight Overhead		30	15 Lbs
Rest 5 Min			
Lifts			
Full Cleans with Over Head Press		15X 3	
Part A (Repeat 3X W 60 seconds Rest in Between Circuit)			
	Time	Reps	Weight
1. Falling Ply metrics Press		15	
2. Squat Jumps With Tuck		20	
3. Battle Ropes	30 Seconds		
Part B (Repeat 3X W 60 seconds Rest in Between Circuit)			
1. KettleBell Snatches		25	25 Lbs
2. Medicine Ball Slams With Pushups Burpees		10	10Lbs
3. Plyo Box Push Ups		10	
Part C (Repeat 3X W 60 seconds Rest in Between Circuit)			
1. Dumbell Ice Skaters		10	15 Lbs
2. Barbell Core Rotation		10	35 Lbs
3. Battle Ropes	30 Seconds		
4 Falling Ply metrics Press		10	