



Strength Workout 9.26.2011 (Aprox 50 Min)

WarmUP (No Rest)	Time	Reps	Intensity
Bike	5Min		Level 5
Low Walks/ Creeper Walks		8	
Jump Squats		30	
Front Lounge With Overhead Reach		8	
Box Jumps		8	
Split Jump Squats		30	
Medicine Ball Slams (15Pnds)		15	
Side Lounge		8	
InchWorms		8	
Box Jumps		8	
Medicine Ball Slams (15Pnds)		15	

Rest 5 Min

Lifts	Time	Reps	Weight
Cleans		5X5	Starting 45Lbs

Stength Part 1	Time	Reps	Weight
Kettle Bell Swings		25	25 Lbs
Percision Jumps With Weight		20	25 Lbs
Squats		15	75Lbs
Goblet Sqauts		15	35Lbs

Rest 2 Min

Kettle Bell Swings		30	25 Lbs
Percision Jumps With Weight		25	25 Lbs
Squats		12	115Lbs
Goblet Sqauts		20	40Lbs

Rest 3 Min

Kettle Bell Swings		35	25 Lbs
Percision Jumps With Weight		20	25 Lbs
Squats		8	165Lbs
Goblet Sqauts		15	40Lbs

Stength Part 2	Time	Reps	Weight
Split Leg Squat (Leg Elevated Back on Bench)		15	115Lbs
Single Leg Lounge with Overhead Press		15	30Lbs
Braced Squat With Weight	30 Seconds		25 Lbs
Jumps With Tuck		20	

Rest 3 Min

Split Leg Squat (Leg Elevated Back on Bench)		12	165Lbs
Single Leg Lounge with Overhead Press		12	35 Lbs
Braced Squat With Weight	30 Seconds		25 Lbs
Jumps With Tuck		20	

