



ReFit Strength 10.05.2011 UrbanAthlon Training ( Approx Time: 55 Min)

Warm UP	Weight	Reps
Creep Walks		8
Front Lounge With Overhead Reach		15
Split Jump Squats		30
Side Lounge		15
High Kicks		30
Scorpions		10
Leg Swings		10
InchWorms		
<b>Warm Part 2 (Run Throught 5 X No Rest)</b>		
Full Clean	25lbs, 45 Lbs, 75,Lbs, 45Lbs, 75 Lbs	12
Surfer Burpes		8
One Leg Box Jump		4

Description All Staiton will be 45 Seconds (2X)

<b>IMPACT 1 (2X) 5 Min</b>	
Station 1	Medicine Ball Slams (15Lbs)
Station 2	Falling Ployo PusUps
Station 3	Laterral DumBell Press
Station 4	Side Resistance Band Punch
Station 5	Jumps With Pull Up Under Hand Grip
Rest 5 Min	
<b>IMPACT 2 (2X) 5 Min</b>	
Station 1	Kettle Bell Swings
Station 2	L Push Ups With Weight ( 15 Pnds)
Station 3	Dumbell Over Head Press
Station 4	Inverted Row
Station 5	Laterral DumBell Press
Rest 5 Min	
<b>IMPACT 3 (2X) 5 Min</b>	
Station 1	Step Ups With Weight
Station 2	Full Body Squats Wiuth Jump
Station 3	Starting Line Speed Run
Station 4	Percision Jumps With Weight
Station 5	Single Leg Ice Skaters W/Weight
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 (Alternate Legs up on Platform)