



ReFit UpperBody Workout 9.13.2011 UrbanAthlon Training (Approx Time: 50Min)

WarmUP 20Min	Time	Reps	Intensity
Light Jog	2Min		Light
Run	5Min		9Mile Pace (Medium)
Sprint	1Min		7Mile Pace (Fast)
Run	3 Min		9Mile Pace (Medium)
Sprint	30 Seconds		6Mile Pace (Very Fast)
Light Jog	30 Seconds		Light
Full Burpees With Jumps		30	Fast
Rest 5Min			
Upper Strength Part 1 (Strong Fence Required To Jump Over Approx 4 Ft)			
20Yard Sprint To Fence			Fast
Jump Over Fence (Use Hands To Jump Over)		4	
20Yard Sprint To Starting Point			Fast
Rest 1Min			
25Yard Sprint To Fence		6	
Jump Over Fence (Use Hands To Jump Over)			Fast
25Yard Sprint To Starting Point			Fast
Rest 2Min			
30Yard Sprint To Fence		8	
Jump Over Fence (Use Hands To Jump Over)			Fast
30Yard Sprint To Starting Point			
Rest 5Min			
Upper Strength Part 2 (Monkey Bars and Park Bench Required)			
PullUps- Monkey Bars (UnderHand)		4	
Hang on Monkey Bars	15 Seconds		
Run Throught Monkey Bars (Start to Finish is 1X)		2X	
Rest 1Min			
PullUps- Monkey Bars (UnderHand)		5	
Hang on Monkey Bars	20 Seconds		
Run Throught Monkey Bars (Start to Finish is 1X)		4X	
Push Ups With Legs Elevated on Bench (Keep your Body Straight)		10	
Rest 2Min			
PullUps- Monkey Bars (UnderHand)		4	
Hang on Monkey Bars	20 Seconds		
Run Throught Monkey Bars (Start to Finish is 1X)		4x	
Push Ups With Legs Elevated on Bench (Keep your Body Straight)		15	
SpiderMan PushUps		15	