

Program for:

None

Summer Challenge 2015

Endurance/Strength
Weight Loss and Toning
none



Created by: Cody Robinson
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Summer Challenge 2015

AA. W4D1

NOTES: Complete 3 rounds of the following circuit with minimal rest between exercises. Take 2-3 minutes rest between each round.

			SETS	REPS	INTENSITY		TEMPO	REST	
					RELATIVE	WEIGHT			
┌	Burpee	BILATERAL	1	15					
	Dumbbell Squat Push Press	BILATERAL	1	12		8-10lbs			
	With Eccentric Shoulder ...								
	Lateral Lunge	LEFT	1	12					
		RIGHT	1	12					
	Side Plank with Arm Leg	LEFT	1	10					
	Counter Rotation	RIGHT	1	10					
	Supine Single Leg Hip Feet	LEFT	1	15					
	Extension On Floor	RIGHT	1	15					

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	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
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Sections:
AA. W4D1