

Program for:

None

Summer Challenge 2015

Endurance/Strength
Weight Loss and Toning
none



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Summer Challenge 2015

C5. Week 5 Day 3

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		bw		30 sec	
	Dumbbell Squat Front Raise	BILATERAL	1	12		5-10 lbs DB		30 sec	
	Dumbbell Bent Over Row	ALTERNATING	1	20		5-10 lbs DB		30 sec	
	Alternating Neutral Grip								
	Side Plank Off Foot And Forearm	LEFT	1	45 sec				15 sec	
		RIGHT	1	45 sec				30 sec	
	Run	BILATERAL	1	2 minutes	moderate intensity				

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	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
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Sections:

C5. Week 5 Day 3