

Bench Press	12,8,4,2				
Seated Overhead Pr	12,8,4,2				
Cable Cross lo/hi, JR	2x12				
Shrug, High pull, JR	2x12				
Overhead ER	2 x 15				
Elbows at side ER	2 x 15				
Lateral Raise	2 x 15				
Jump Rope	2 x 50				
Sit Ups / Push Ups	2 x 20				
Squat	12,8,4,2				
Sitff legged Deadlift	4 x 15				
Front Sq/Step Up/JR	2 x 6/10				
Bent Row/Fly JR	2 x 12				
Pull Up	3 x max				
Lat Pull Down	2 x 10				
Leg Ext / Leg Press	2 x 15				
Jump Rope	3 x 50				
Reverse Crunch	3 x 20				
Eclipse	10 min				
Chest /Ab Circuit	120 each				
Bike	10min				
Shoulders /Ab Circuit	120 each				
T-Mil	10 min				
Eclipse	10 min				
Leg Ext / Leg Press	120 each				
Bike	10min				
Back / Abs	120 each				
T-Mil	10 min				
Eclipse	5 min				
Double Unders/Burpee	40 each				
Bike	5 min				
Double Unders/Burpee	20 each				
T-Mil	5 min				
Double Unders/Burpee					
Bench Press	12,8,4,2				
Seated Overhead Pr	12,8,4,2				
Inc DB/Flat DB / JR	2x10				
Clean/DB Sh Pr / JR	2x10				
Dips	2 x 15				
Jump Rope	2 x 50				
Plate Raise c Twist	2 x 10				
Heel to Ceiling	2 x 20				
Squat	12,8,4,2				
Sitff legged Deadlift	4 x 15				
Lunges/Air Squats/JR	2 x 15				
Rev Fly/Bar Row/JR	2 x 15				
Leg Curl	3 x 12				
Leg Ext	3 x 10				
Oblique Crunches	3 x 20				
Lat Pull Downs	3 x 12				
Cable Row	3 x 15				
Jump Rope	3 x 50				