

# December 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21 Body Weight Series	22	23 Body Weight Series	24	25
26	27 Body Weight Series	28	29 Body Weight Series	30	31	

# January 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Body Weight Series	4	5 Body Weight Series	6	7 Body Weight Series	8
9	10 Body Weight Series	11	12 Body Weight Series	13	14 Body Weight Series	15
16	17 Body Weight Series	18	19 Body Weight Series	20	21 Body Weight Series	22
23	24	25	26	27	28	29
30	31					

## UW-L Body Weight Series

UW-L Body Weight Series										Special Objective	
Exercise Description	T e m p o			S e t  1	S e t  2	S e t  3	S e t  4	S e t  5	S e t  6		R e s t  T i m
				wt	Reps	wt	Reps	wt	Reps		
1a	Prisoner Squats				10	10					15s
2a	forward skips w/big arm circles for 10yds				1	1					15s
3a	Forward alternating Lunges				10	10					15s
4a	Sideways skips w/big arm circles for 10yds				1	1					15s
5a	Fire hydrants				10	10					15s
6a	Power skips w/alternating arm for 10yds				1	1					15s
7a	Push-ups				15	15					15s
8a	Carioca for 10yds				1	1					15s
9a	Jumping Jacks				15	15					15s
10a	50yd build up or run in place				1	1					15s
11a	Tricep Push-ups				15	15					15s
12a	50yd build up or run in place				1	1					15s
13a	Crunches				25	25					15s
14a	50yd build up or run in place				1	1					15s
											5 min

between circuits