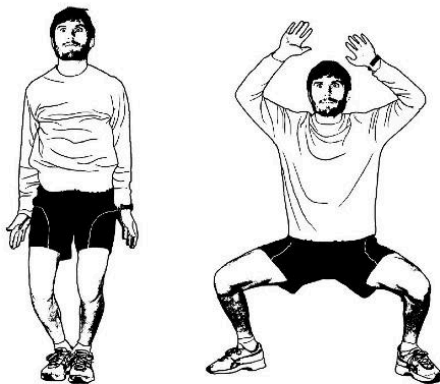




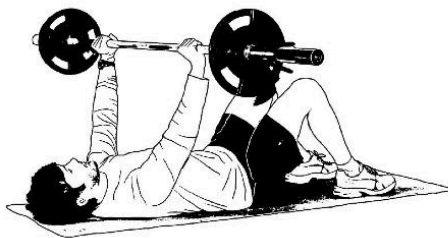
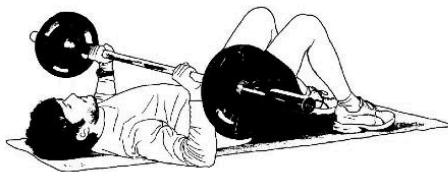
Sumo Squat Jumping Jacks



Frog Hop

Warm- up I: 5 minutes of sumo squat jumping jacks.

Warm- up II: 4 laps x 40 to 50' of frog hopping.



Barbell Chest Press - Floor



Overhead Tricep Extension

Circuit I: 8 to 10 reps of chest press on the floor.
Rotate 3 sets through the following 4 "circuit"
exercises.

Circuit II: Use a dumbbell or kettlebell to do 12 to 15
overhead tricep extensions, per set.