Warmups

Training Style: Complete Each Exercise 1X for 30seconds with the insturcted form

		Date	/	/	/	/	/	/	/	/	/	/
			No Rest Between Exercises									
Aerobic Training Exercises	Seconds	Coaching Tip	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
FRANKENSTEINS	30											
SQUATS	30											
SPRAWLS	30											
MULTI-PLANAR LUNGES	30											
PUSHUPS	30											
BICYCLE SITUPS	30											
HIGH KNEES	30											
JUMPING JACKS	30											
MOUNTAIN CLIMBERS	30											