

Try This Workout

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Warm-up Circuit Perform this circuit 2-3 times

1. Bosu Ball Crunches (10 reps) Bosu Ball Get Up Get Downs (8 reps)
2. Seal Jumping Jacks (10-15 reps)
3. Ankle Tube Lateral Walk (15-20 reps)
4. Stability (feet) Ball Push-ups (10-15 reps)
5. Rabbit (15-20 yards)
6. Cardio: Cybex/Tetrix Upright Cycle – 3 minutes of intervals (30 sec. moderate / 30 sec. fast)

Strength/Power Complete 2-3 circuits

1. Squat w/ Single Arm Rotation Overhead Press (8 reps per side)
2. Forward Walking Lunges (12 -16 steps per leg)
3. Cybex VR3 Seated Leg Curl (12-15 reps)
4. Incline Dumbbell Chest Press (12-15 reps)
5. LifeFitness Seated Row (12-15 reps)
6. Rope Tricep Pushdowns (12-15 reps)
7. Straight Bar Bicep Curls (12-15 reps)
8. Cardio: Outside Stairs (up and down equal one lap, try to get 5-8 laps)

Watch this on video: <http://www.youtube.com/watch?v=BI2PxW06gGQ>
