



Heart Lift

Isabel McNulty

***4 week
full-body
workout
challenge***

***3
motivational
interviews***

MEDICAL DISCLAIMER

Consult your physician before beginning any exercise challenge. This general content is not intended to diagnose any medical condition or to replace your healthcare professional. If you experience any pain or difficulty with these exercises, stop and consult with your healthcare provider.

Contact your physician if you experience any symptoms of weakness, unsteadiness, light-headedness or dizziness, chest pain or pressure, nausea, or shortness of breath. Mild soreness after exercise may be experienced after beginning a new exercise.

WHAT IS HEART LIFT?

Heart Lift is a heart-healthy, weight-based workout challenge **recommended** for ages 16-45. It is not specifically designed for body transformation such as weight loss or muscle gain. *Heart Lift* is **recommended** for people who are familiar with basic exercises such as push-ups, sit-ups, and squats. This challenge is meant to introduce and encourage the use of weights in workout routines.

Heart Lift also includes 3 different motivational interviews. These interviews are meant to inspire and provide enjoyment.

A large, solid red heart shape is centered on a white background. Inside the heart, the words "Motivational Interviews" are written in a white, handwritten-style font.

Motivational Interviews

MOTIVATION – CONSISTENCY

Regardless of our everyday activities - such as going to school, going to work, spending time with loved ones, or working out - it sometimes can be difficult to maintain *consistent* motivation. The endless curveballs and the lack of balance in life forces us to constantly adjust our lifestyle. If this is true, how can we keep consistent motivation? In my search for an answer, I asked a few people differentiating in age and background about their motivations and the meanings behind their choices in lifestyle and perspective.

“It’s interesting to reflect on this question because if you would have asked me 5, 10, 15 years ago every answer would be different. In my teen years my motivations included impressing friends, girls, and family as well as good grades in school so that I could get a scholarship and run cross country in college. As I entered my twenties my motivation continued to be driven by extrinsic rewards like qualifying for the national cross country meet or getting a job, making money, and getting married. Now, as I enter my thirties my motivation stems from a deepening desire to grow my faith, continue to learn and teach others, and most recently, to be a good father. The common thread throughout is that I had something that drove me to my success. I think my advice is to find that “thing” that motivates you and know that the experiences that they give you - good or bad - will prepare you for another stage in life. For me, that “unknown” of the next stage is a

powerful motivator because you just never know what past experience is going to help you down the road.”

- *Justin Hill, 30*

“I am a “doer.” It’s what gets me out of bed every day. I’m not one to sit around, doing nothing, watching tv – even when I watch tv, I’m doing. I don’t sit in a La-Z-Boy, leaning back, all comfy and everything. If I did, I’d feel like a slug. Not that there’s anything wrong with that; it’s just not me. I’m usually sitting on a barstool – or standing with one knee rested on it – so I can get up and do whatever I’m compelled to do. It may be that evening’s laundry (since I’m usually doing during the day – including weekends – the laundry is an evening task), making coffee, cleaning up, getting things ready for the next day . . . something. I also like to be immersed in something “bigger,” some project, something beyond just my teaching job, kind of like a vocation. At some points in my life this has been coaching, particularly head coaching; for a while golf and working in the golf business; for a few years, graduate school. There’s always something. Right now, it’s teaching AP Lang. On a daily basis, I immerse myself in it, and I’ve been doing it since I was given the assignment last July. Always doing. Can it be a negative? Sure. If I’m throwing myself into something, and it throws off my priorities, like my faith or my family, or it leads to bad habits with diet or exercise, then I’ve gone too far. That’s when I need to check myself, and get things balanced out. Even a doer always needs to keep moderation in mind. It’s not good to go too far to an extreme.

Why am I a doer? I don't know. Maybe it's just in my nature. However, I do think that doing is important. To use a worn-out phrase, maybe it keeps me young . . . so to speak. I do believe that it's good for people to do. One example: my grandparents spent their entire marriage (and these were Depression-era people) saving, working, and waiting for retirement. My grandfather was a railroad worker, and my grandmother was a stay at home mother. She was so stay at home that she never learned to drive . . . can you imagine? They saved and scrimped (I would find cans of coffee stored in a cabinet because she found a sale) and planned for a dream retirement. They built their dream house, back "home," near family – it was exactly what they planned. He fished every day, they had family and friends around, and it was going to be perfect for the rest of their lives. But you know what? You can only fish just so much, and you can only sit around your house -- and a dream house at that – for just so long. After a while, you get bored. After a while, you get under each other's skin . . . and all of a sudden, paradise isn't so paradisiacal. Then, my grandfather goes in for a routine surgery and suffers a stroke. Now all of that saving and scrimping is paying for assisted living, and they go from a dream retirement home to spending the rest of their lives in a small, one-bedroom bungalow, surrounded by other small bungalows, and other people who are living an assisted living existence. It's been well over 30 years, and I've never forgotten it. Maybe it's one of those things that drives me to do, I don't know.

Finally, I also think that a moderate approach works for me. However, I constantly have to remind myself of it. As I said earlier, I like to throw myself into . . . projects. But I also need to

maintain some level of moderation, or my priorities may get out of whack. To me, a moderate approach can be applied in a number of ways. For example, how one looks at life. I think it's healthy to take life one day at a time, to live in the present. I'm not one to get too romantic (or too regretful, hopefully) and reminisce about the past, and I try not to worry too much about the future. Am I always successful? Of course not; it's not human nature. But I consciously think about it and keep striving to avoid the extremes of past romanticism/regret or future over-optimism/worry. And I think avoiding extremes is good: extremes about yesterday or tomorrow, but also extremes in diet, exercise . . . basically everything. Again, moderation. I think Swift had it right: we're not Yahoos, and we're not Houyhnhnms; we're neither Lilliputians nor Brobdingnagians . . . we're right in the middle. I think it's good way to approach one's life."

- **Mike Lee, 57**

"My daily motivation is very simple: making people happy. No matter what I am doing in my day to day life, I do everything I can to make people happy. It's quite hard to keep up with, especially when it requires a great sacrifice of my own time, but it makes me happy to see others happy and know that I played a part in that. Another daily motivation is making my parents, family, and friends proud. I know that if I put forth my best effort in everything I do—even if I fail—I know that the closest people in my life, including myself, will be proud. My more long-term motivation is being successful in the future. I know that if I do well in school now and stay involved (I had the same motivation all throughout high

school), that I will keep up a steady work ethic and impress future employers to achieve my dream job. In a few months, I will start nursing school which is extremely time-consuming and fairly difficult, but with the daily motivations and long-term motivation, I am confident that I will be successful.

Seeing people's smiling faces at work or school makes everything worth it. Even if I have to go out of my way to help someone or put in some extra time for work or a project, I know that they will appreciate the help and it will make them happy. All I would want in return is a genuine smile, showing me the impact I've made on them. I like to try to make a positive impact on as many people as I can because there is no point in going about life being mean to people; it doesn't gain anyone anything. If I can do something as simple as compliment someone's hairstyle or outfit choice to make their day ten times better, then by all means I will. It never hurt anybody to be nice, and I hope that my positivity will rub off on others and—no matter how cliché it sounds—make the world a better place.

My best advice to someone trying to maintain consistent motivation or overcome a setback is to just keep moving. It doesn't do anyone any good to sit and dwell about a failure; process what happened and throw a little pity party, and then get back to working toward the end goal—whatever that may be. I also like to try to picture what my life would be like if I can achieve all (or most) of my goals. Where will I be? What will I be doing? Who will I be with? I like to picture myself as a successful nurse teaching and training new nurses, so I can have an even bigger impact on the

world through them. On the other hand, I could also see myself working part time as a nurse and being a stay-at-home mom the rest of the time raising kids with the love of my life. You never know quite where you'll end up, and plans tend to change at a moment's notice; however, if you consistently work on bettering yourself and achieving your goals, nothing can stop you from having the life you dream of."

- *Sara Idol, 20*

CHALLENGE CRITERIA

Heart Lift consists of:

- 22 'workout' days
- 6 'rest' days

DAY	WORKOUT/REST
1	WORKOUT
2	WORKOUT
3	WORKOUT
4	WORKOUT
5	REST
6	WORKOUT
7	WORKOUT
8	WORKOUT
9	REST
10	WORKOUT
11	WORKOUT
12	WORKOUT
13	REST
14	WORKOUT
15	WORKOUT
16	WORKOUT
17	REST
18	WORKOUT
19	WORKOUT
20	WORKOUT
21	REST
22	WORKOUT
23	WORKOUT
24	WORKOUT
25	REST
26	WORKOUT
27	WORKOUT
28	WORKOUT

Throughout this 28-day period you will use 5 different pieces of gym equipment:


- *jump rope*
- *medicine ball*
- *dumbbell(s)*
- *barbell*
- *bench*

Each day you will use a jump rope and only 1 other piece of equipment (a medicine ball, dumbbell(s), or a barbell). There will be few days where a bench is also needed.

The workouts include a 3-minute jump rope warm-up and 4-5 rounds of 4 different exercises. The 4-5 rounds may take 25-45 minutes to complete. Each day is different, meaning there are no repeating workouts. However, the jump rope warm-up stays the same throughout the challenge.

RECOMENDATIONS

- complete 3-minute jump rope warm-up before the workout
- complete each round
- use the maximum weight possible while still finishing all of the exercise reps
- stretch/roll out after each workout

A large, solid red heart shape is centered on a white background. Inside the heart, the words "Full-body workouts" are written in a white, handwritten-style font. The text is arranged in two lines: "Full-body" on the top line and "workouts" on the bottom line.

Full-body
workouts

Full body workout

DAY 1

exercises:

- * power complex
- * diamond push-ups
- * SLD'S
- * in outs

3-minute jump rope

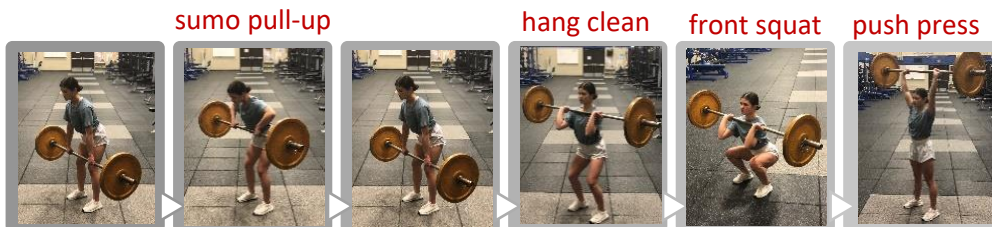
- * 0 - 1:00 / legs together
- * 1:00 - 1:30 / single leg
- * 1:30 - 2:00 / single leg
- * 2:00 - 3:00 / legs together

4 rounds ---

perform as a 'warm up'
& after round 2

EXERCISE 1

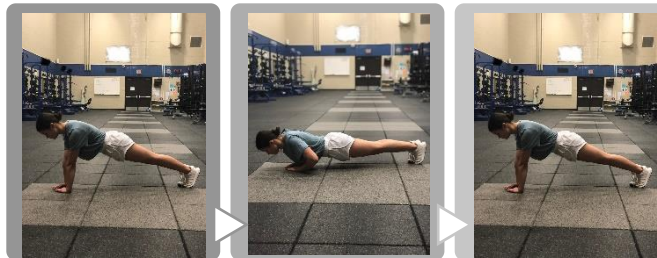
POWER
COMPLEX



x 6

EXERCISE 2

DIAMOND
PUSH-UP



x 10

EXERCISE 3

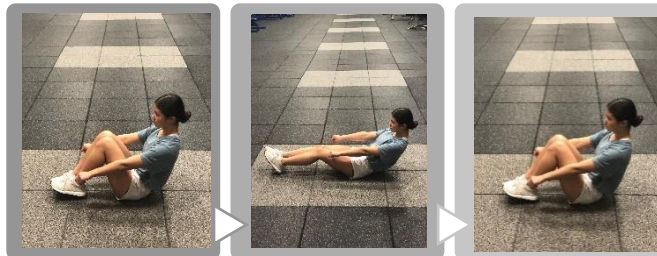
SLD



x 8

EXERCISE 4

IN OUT



x 20

Full body workout

DAY 2

exercises:

- * MB plank snappers
- * MB side-side-middle slams
- * MB push-ups
- * MB squat + raise

3-minute jump rope

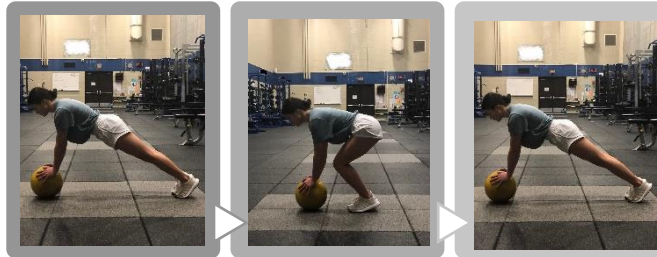
- * 0 - 1:00 / legs together
- * 1:00 - 1:30 / single leg
- * 1:30 - 2:00 / single leg
- * 2:00 - 3:00 / legs together

4 rounds ---

perform as a 'warm up' & after round 2

EXERCISE 1

MB PLANK
SNAPPER



x 15

EXERCISE 2

MB SIDE-
SIDE-MIDDLE
SLAMS



x 20

EXERCISE 3

MB
PUSH-UP



x 10

EXERCISE 4

MB SQUAT
+ PRESS



x 15

Full body workout

DAY 3

exercises:

- * DB complex
- * knee tappers
- * DB split squats
- * DB curl circuit

3-minute jump rope

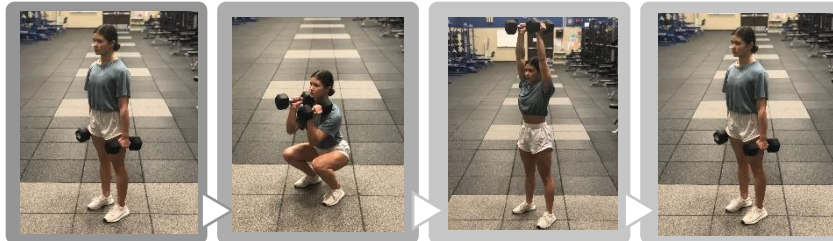
- * 0 - 1:00 / legs together
- * 1:00 - 1:30 / single leg
- * 1:30 - 2:00 / single leg
- * 2:00 - 3:00 / legs together

4 rounds ---

perform as a 'warm up'
& after round 2

EXERCISE 1

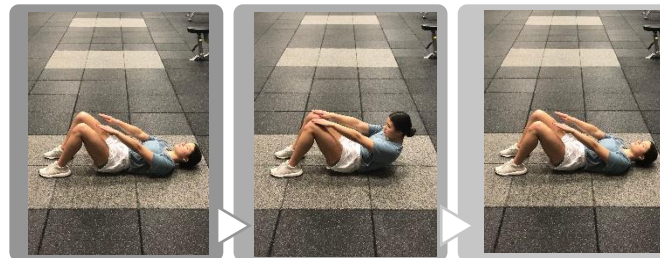
DB
COMPLEX



x 8

EXERCISE 2

KNEE
TAPPER



x 25

EXERCISE 3

DB SPLIT
SQUAT



x 12

EXERCISE 4

CURL
CIRCUIT



hammer curl

twist curl

power curl

x 4

*1 rep of each
curl variation
= 1 circuit rep

Full body workout

DAY 4

exercises:

- * BB back squats
- * hang cleans
- * BB lunges
- * bicycles

3-minute jump rope

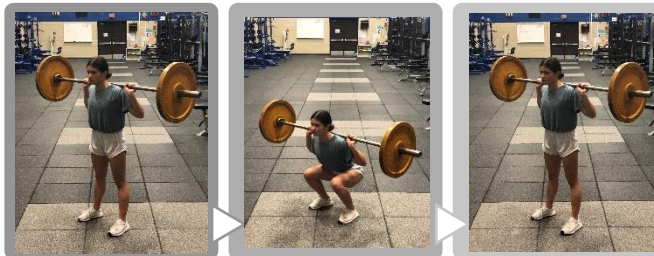
- * 0 - 1:00 / legs together
- * 1:00 - 1:30 / single leg
- * 1:30 - 2:00 / single leg
- * 2:00 - 3:00 / legs together

4 rounds ---

perform as a 'warm up'
& after round 2

EXERCISE 1

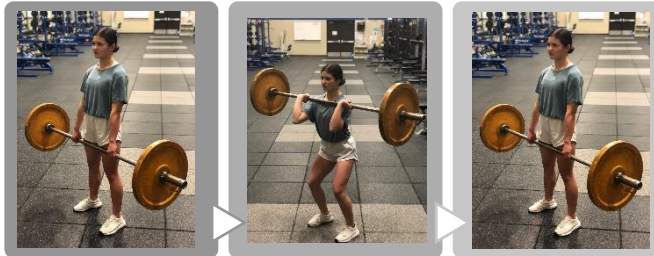
BB BACK
SQUAT



x 6

EXERCISE 2

HANG
CLEAN



x 6

EXERCISE 3

BB LUNGE



x 10

(per leg)

EXERCISE 4

BICYCLE



x 20

(per side)



Full body workout

DAY 6

exercises:

- * DB static lunges
- * DB push-up + press
- * DB scissor 8's
- * DB open chest flies

3-minute jump rope

- * 0 - 1:00 / legs together
- * 1:00 - 1:30 / single leg
- * 1:30 - 2:00 / single leg
- * 2:00 - 3:00 / legs together

4 rounds ---

perform as a 'warm up' & after round 2

EXERCISE 1

DB STATIC
LUNGE



x 12
(per leg)

EXERCISE 2

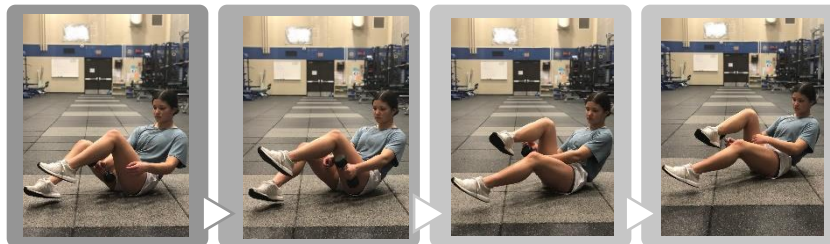
DB PUSH-
UP + PRESS



x 10

EXERCISE 3

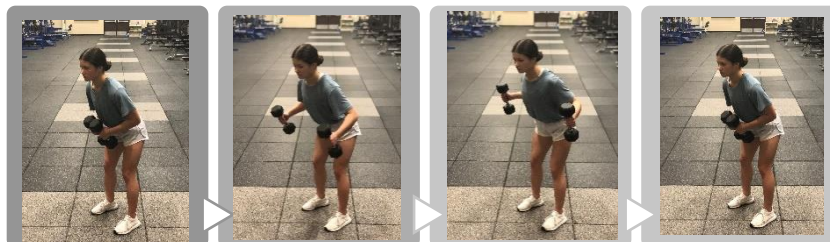
DB SCISSOR
8



x 40

EXERCISE 4

DB OPEN
CHEST FLY



x 10

Full body workout

DAY 7

exercises:

- * goblet squats
- * DB shoulder circuit
- * DB jump lunges
- * commandos

3-minute jump rope

- * 0 - 1:00 / legs together
- * 1:00 - 1:30 / single leg
- * 1:30 - 2:00 / single leg
- * 2:00 - 3:00 / legs together

5 rounds ---

perform as a 'warm up' & after round 3

EXERCISE 1

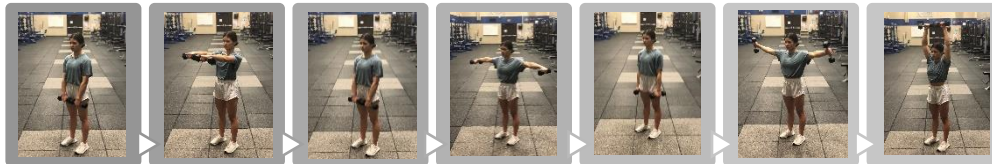
GOBLET SQUAT



x 15

EXERCISE 2

DB SHOULDER CIRCUIT



front raise

side raise

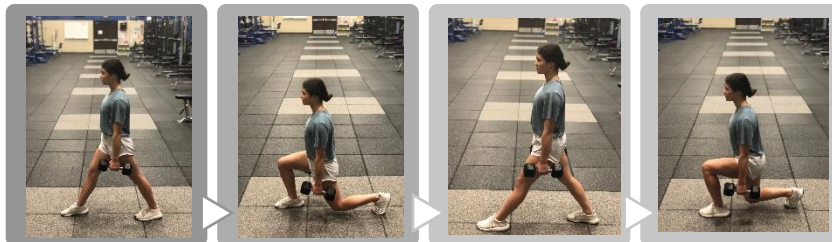
overhead raise

x 4

*1 rep of each raise variation = 1 circuit rep

EXERCISE 3

DB JUMP LUNGE

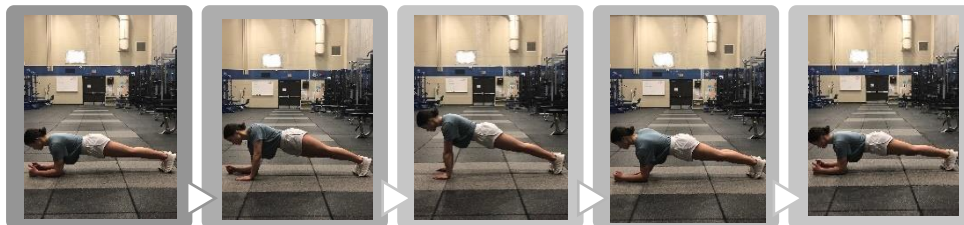


x 10

(per leg)

EXERCISE 4

COMMANDO



x 20

Full body workout

DAY 8

exercises:

- * MB squat + press
- * bench jumps
- * MB push-ups
- * MB twists

3-minute jump rope

- * 0 - 1:00 / legs together
- * 1:00 - 1:30 / single leg
- * 1:30 - 2:00 / single leg
- * 2:00 - 3:00 / legs together

4 rounds ---

perform as a 'warm up' & after round 2

EXERCISE 1

MB SQUAT
+ PRESS



x 15

EXERCISE 2

BENCH JUMP



x 12

EXERCISE 3

MB PUSH-
UP



x 10

EXERCISE 4

MB TWIST



x 20

(per side)



Full body workout

DAY 10

exercises:

- * BB clean + squat
- * bench press + pike
- * bent over rows
- * ankle tappers

3-minute jump rope

- * 0 - 1:00 / legs together
- * 1:00 - 1:30 / single leg
- * 1:30 - 2:00 / single leg
- * 2:00 - 3:00 / legs together

4 rounds ---

perform as a 'warm up' & after round 2

EXERCISE 1

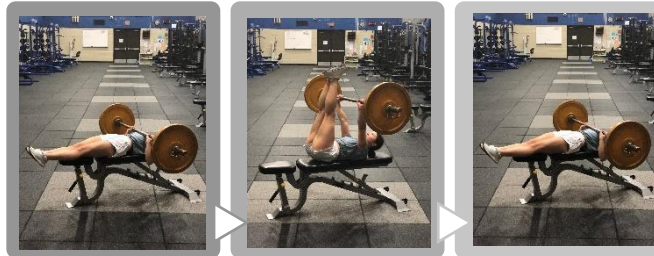
BB CLEAN + SQUAT



x 6

EXERCISE 2

BENCH PRESS + PIKE



x 8

EXERCISE 3

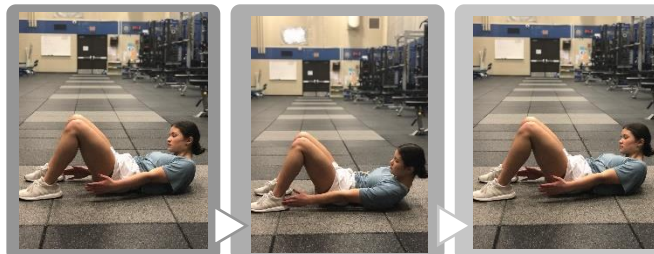
BENT OVER ROW



x 10

EXERCISE 4

ANKLE TAPPER



x 20

(per side)

Full body workout

DAY 11

exercises:

- * DB complex
- * DB swings
- * DB skull crushers
- * DB reverse lunge + knee up

3-minute jump rope

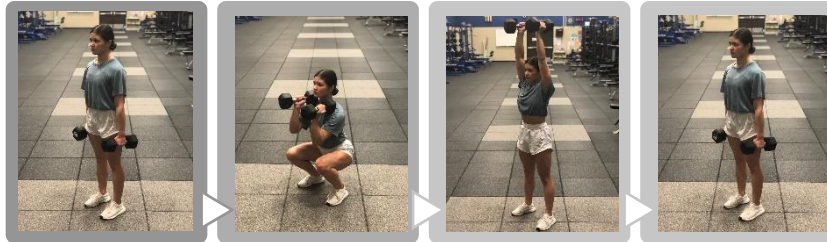
- * 0 - 1:00 / legs together
- * 1:00 - 1:30 / single leg
- * 1:30 - 2:00 / single leg
- * 2:00 - 3:00 / legs together

4 rounds ---

perform as a 'warm up' & after round 2

EXERCISE 1

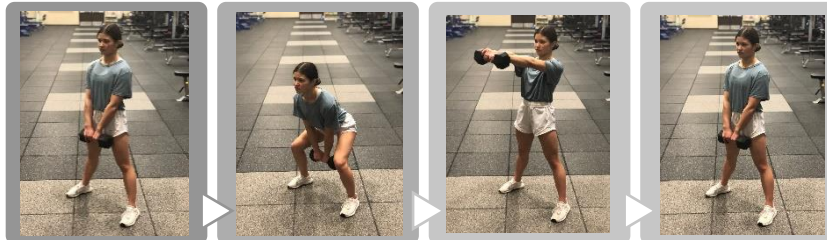
DB
COMPLEX



x 8

EXERCISE 2

DB SWING



x 20

EXERCISE 3

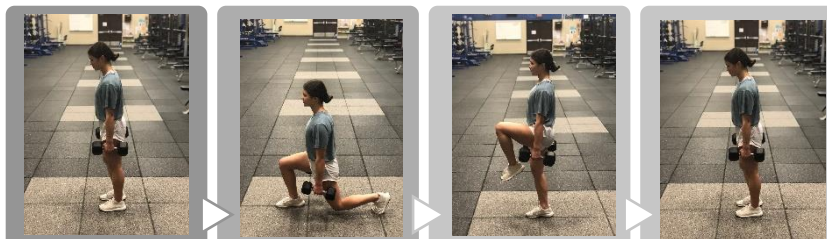
DB SKULL
CRUSHER



x 12

EXERCISE 4

DB REVERSE
LUNGE +
KNEE UP



x 10

Full body workout

DAY 12

exercises:

- * BB dead rows
- * BB back squats
- * diamond push-ups
- * BB rollers

3-minute jump rope

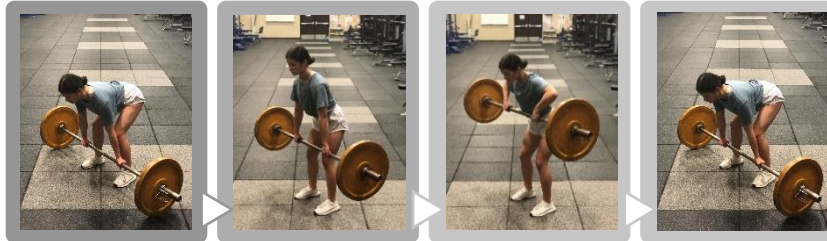
- * 0 - 1:00 / legs together
- * 1:00 - 1:30 / single leg
- * 1:30 - 2:00 / single leg
- * 2:00 - 3:00 / legs together

5 rounds ---

perform as a 'warm up'
& after round 3

EXERCISE 1

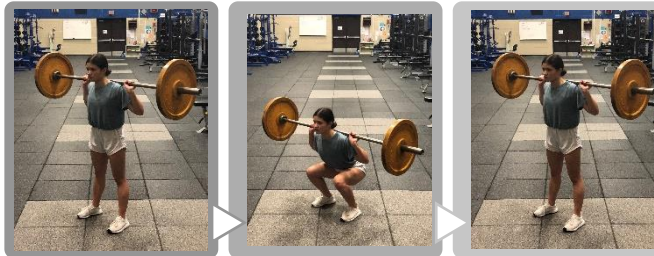
BB DEAD
ROW



x 8

EXERCISE 2

BB BACK
SQUAT



x 6

EXERCISE 3

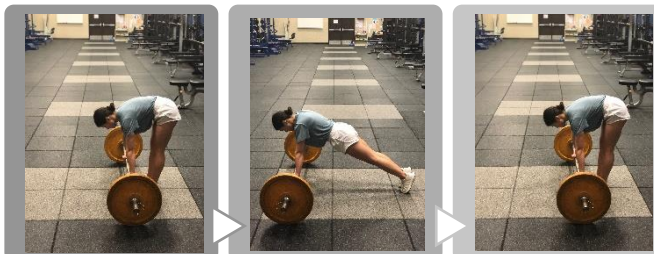
DIAMOND
PUSH-UP



x 10

EXERCISE 4

BB ROLLER



x 10



Full body workout

DAY 14

exercises:

- * MB side-side-middle slams
- * MB lunge + twist
- * MB burpee + push-up
- * MB pikes

3-minute jump rope

- * 0 - 1:00 / legs together
- * 1:00 - 1:30 / single leg
- * 1:30 - 2:00 / single leg
- * 2:00 - 3:00 / legs together

4 rounds ---

perform as a 'warm up'
& after round 2

EXERCISE 1

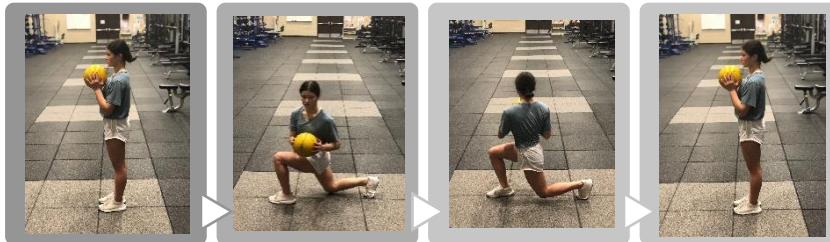
MB SIDE-SIDE-MIDDLE SLAMS



x 20

EXERCISE 2

MB LUNGE + TWIST

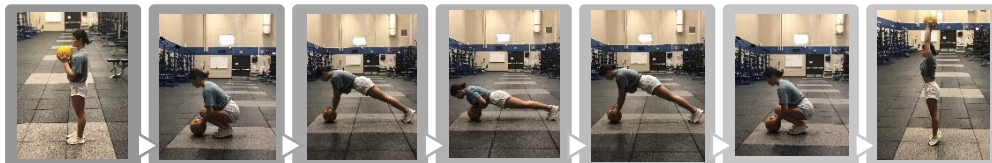


x 12

(per side)

EXERCISE 3

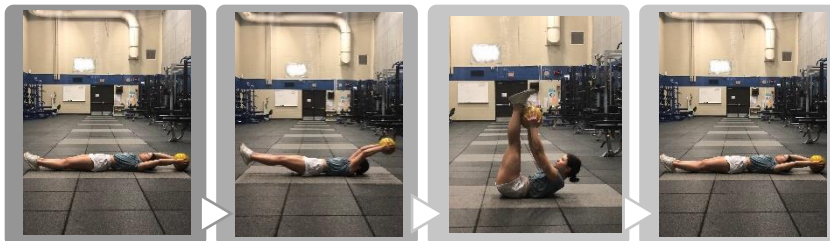
MB BURPEE + PUSH-UP



x 10

EXERCISE 4

MB PIKE



x 10

Full body workout

DAY 15

exercises:

- * DB complex
- * DB twists
- * goblet squats
- * DB tricep extensions

3-minute jump rope

- * 0 - 1:00 / legs together
- * 1:00 - 1:30 / single leg
- * 1:30 - 2:00 / single leg
- * 2:00 - 3:00 / legs together

4 rounds ---

perform as a 'warm up' & after round 2

EXERCISE 1

DB
COMPLEX



x 8

EXERCISE 2

DB TWIST

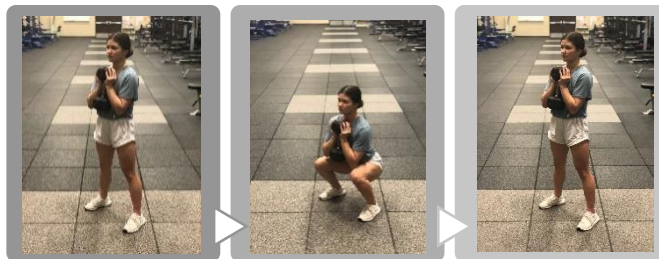


x 20

(per side)

EXERCISE 3

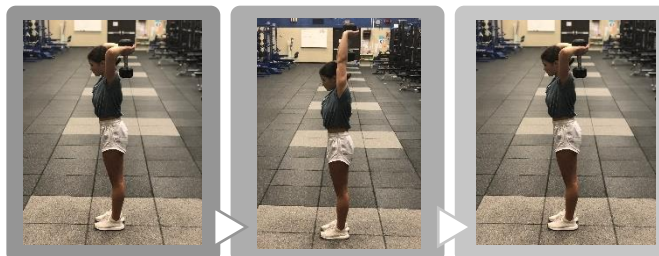
GOBLET
SQUAT



x 15

EXERCISE 4

DB TRICEP
EXTENSION



x 10

Full body workout

DAY 16

exercises:

- * bench press + pike
- * deadlifts
- * military push-ups
- * burpees

3-minute jump rope

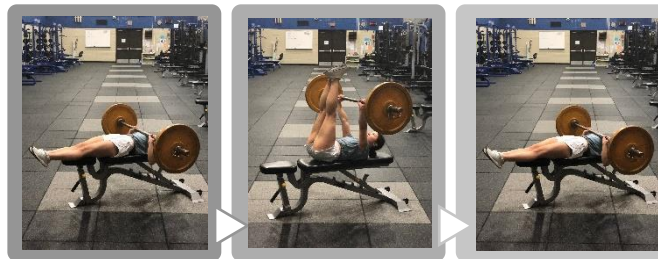
- * 0 - 1:00 / legs together
- * 1:00 - 1:30 / single leg
- * 1:30 - 2:00 / single leg
- * 2:00 - 3:00 / legs together

4 rounds ---

perform as a 'warm up' & after round 2

EXERCISE 1

BENCH PRESS + PIKE



x 8

EXERCISE 2

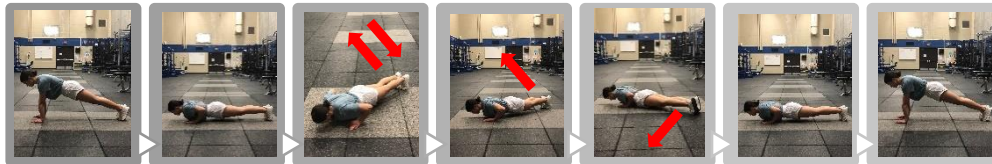
DEADLIFT



x 6

EXERCISE 3

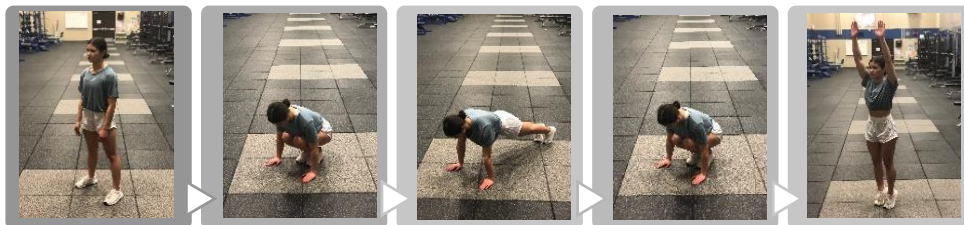
MILITARY PUSH-UP



x 5

EXERCISE 4

BURPEE



x 10



Full body workout

DAY 18

exercises:

- * RDL'S
- * DB rowers
- * bench jumps
- * DB scissor 8's

3-minute jump rope

- * 0 - 1:00 / legs together
- * 1:00 - 1:30 / single leg
- * 1:30 - 2:00 / single leg
- * 2:00 - 3:00 / legs together

5 rounds ---

perform as a 'warm up'
& after round 3

EXERCISE 1

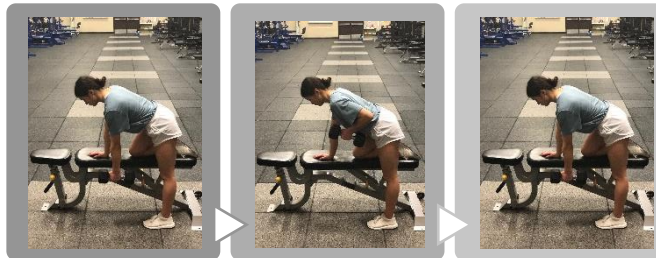
RDL



x 12
(per leg)

EXERCISE 2

DB ROWER



x 10
(per arm)

EXERCISE 3

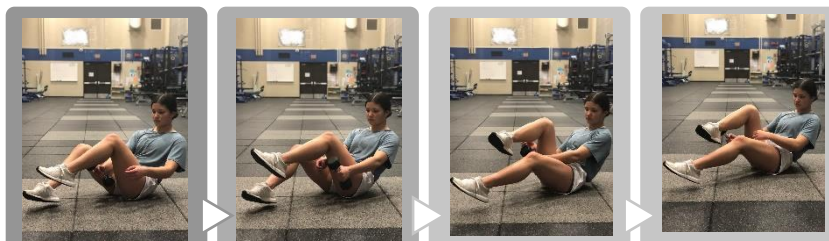
BENCH
JUMP



x 12

EXERCISE 4

DB SCISSOR
8



x 40

Full body workout

DAY 19

exercises:

- * deadlifts
- * hang cleans
- * BB rollers
- * bent over rows

3-minute jump rope

- * 0 - 1:00 / legs together
- * 1:00 - 1:30 / single leg
- * 1:30 - 2:00 / single leg
- * 2:00 - 3:00 / legs together

4 rounds ---

perform as a 'warm up'
& after round 2

EXERCISE 1

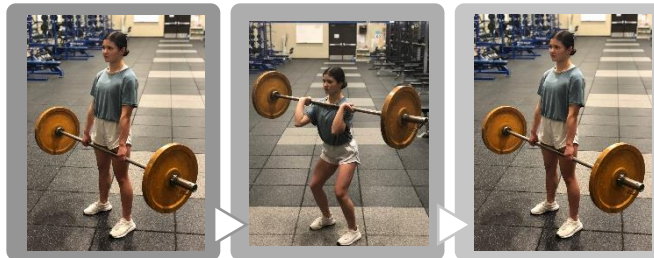
DEADLIFT



x 6

EXERCISE 2

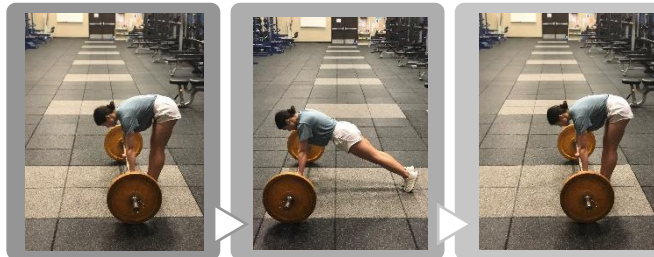
HANG CLEAN



x 6

EXERCISE 3

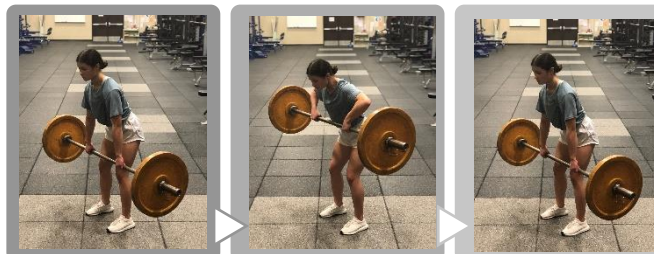
BB ROLLER



x 10

EXERCISE 4

BENT OVER ROW



x 10

Full body workout

DAY 20

exercises:

- * DB split squats
- * DB shoulder presses
- * curl circuit
- * DB toe touches

3-minute jump rope

- * 0 - 1:00 / legs together
- * 1:00 - 1:30 / single leg
- * 1:30 - 2:00 / single leg
- * 2:00 - 3:00 / legs together

5 rounds ---

perform as a 'warm up'
& after round 3

EXERCISE 1

DB SPLIT
SQUAT



x 12

EXERCISE 2

DB SHOULDER
PRESS



x 10

EXERCISE 3

CURL
CIRCUIT



hammer curl

twist curl

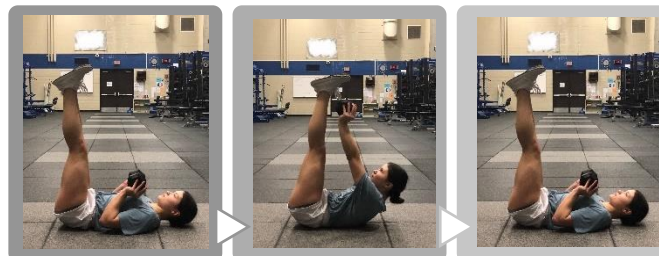
power curl

x 4

*1 rep of each
curl variation
= 1 circuit rep

EXERCISE 4

DB TOE
TOUCH



x 12



Full body workout

DAY 22

exercises:

- * BB lunges
- * power complex
- * bicycles
- * push-ups

3-minute jump rope

- * 0 - 1:00 / legs together
- * 1:00 - 1:30 / single leg
- * 1:30 - 2:00 / single leg
- * 2:00 - 3:00 / legs together

4 rounds ---

perform as a 'warm up'
& after round 2

EXERCISE 1

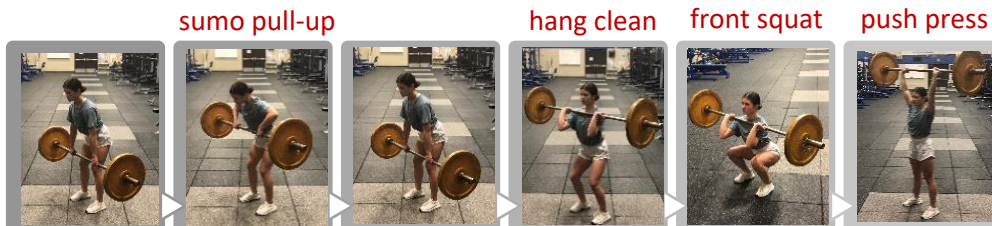
BB LUNGE



x 10
(per leg)

EXERCISE 2

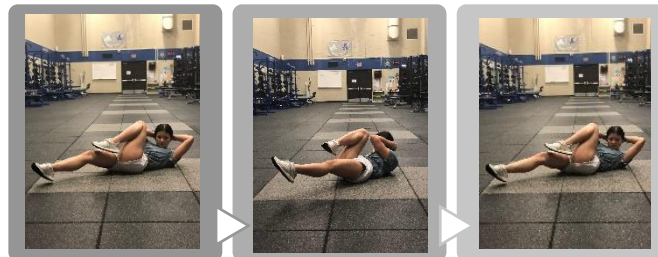
POWER COMPLEX



x 6

EXERCISE 3

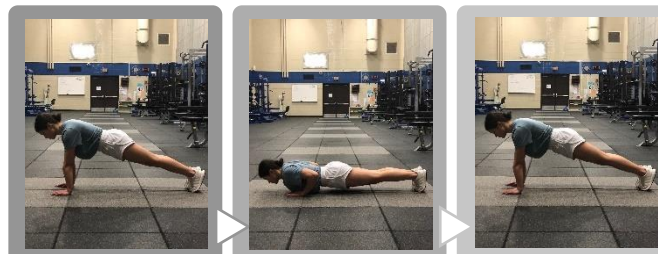
BICYCLE



x 20
(per side)

EXERCISE 4

PUSH-UP



x 10

Full body workout

DAY 23

exercises:

- * MB sit-ups
- * MB tricep extensions
- * military push-ups
- * MB lunges

3-minute jump rope

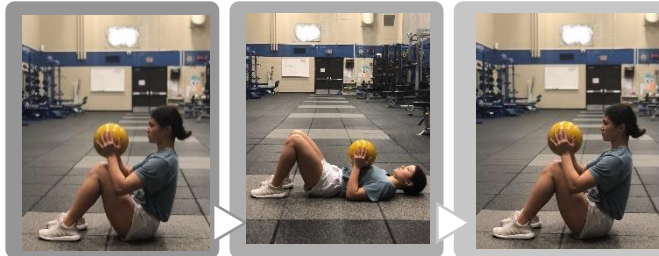
- * 0 - 1:00 / legs together
- * 1:00 - 1:30 / single leg
- * 1:30 - 2:00 / single leg
- * 2:00 - 3:00 / legs together

5 rounds ---

perform as a 'warm up' & after round 3

EXERCISE 1

MB SIT-UP



x 20

EXERCISE 2

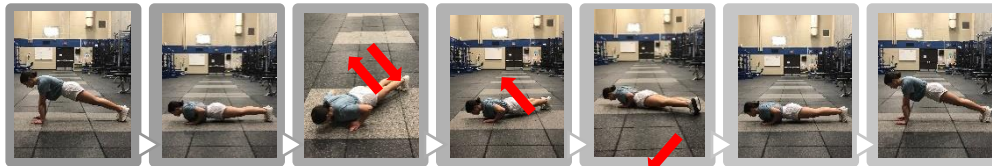
MB TRICEP EXTENSION



x 10

EXERCISE 3

MILITARY PUSH-UP



x 5

EXERCISE 4

MB LUNGE



x 10

(per leg)

Full body workout

DAY 24

exercises:

- * DB jump lunges
- * DB tricep extensions
- * DB rowers
- * commandos

3-minute jump rope

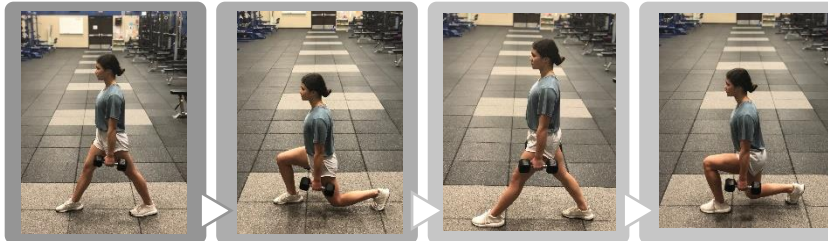
- * 0 - 1:00 / legs together
- * 1:00 - 1:30 / single leg
- * 1:30 - 2:00 / single leg
- * 2:00 - 3:00 / legs together

4 rounds ---

perform as a 'warm up' & after round 2

EXERCISE 1

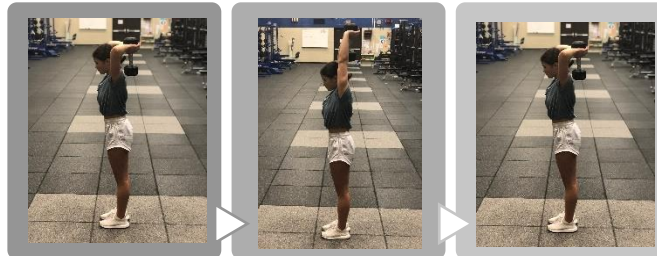
DB JUMP
LUNGE



x 10
(per leg)

EXERCISE 2

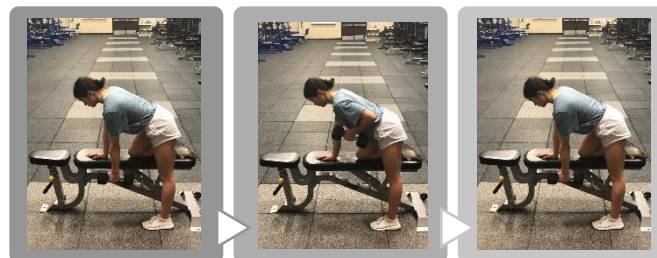
DB TRICEP
EXTENSION



x 10

EXERCISE 3

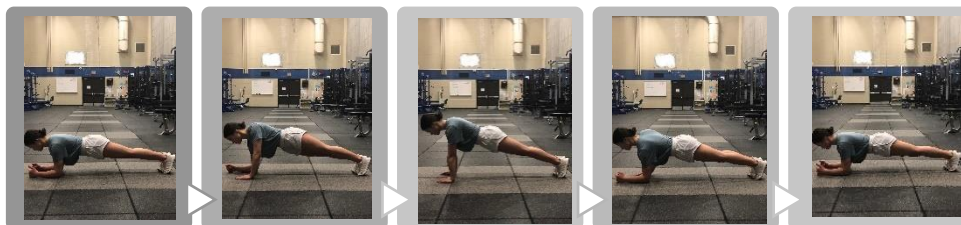
DB ROWER



x 10
(per arm)

EXERCISE 4

COMMANDO



x 20



Full body workout

DAY 26

exercises:

- * goblet squats
- * DB shoulder circuit
- * DB twists
- * RDL's

3-minute jump rope

- * 0 - 1:00 / legs together
- * 1:00 - 1:30 / single leg
- * 1:30 - 2:00 / single leg
- * 2:00 - 3:00 / legs together

5 rounds ---

perform as a 'warm up' & after round 3

EXERCISE 1

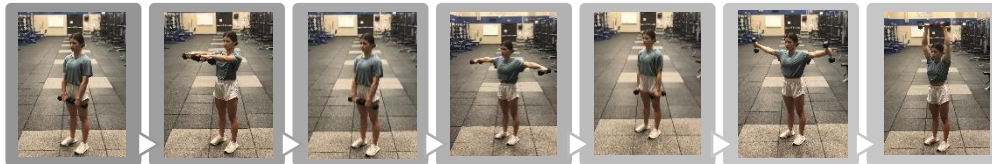
GOBLET SQUAT



x 15

EXERCISE 2

DB SHOULDER CIRCUIT



front raise

side raise

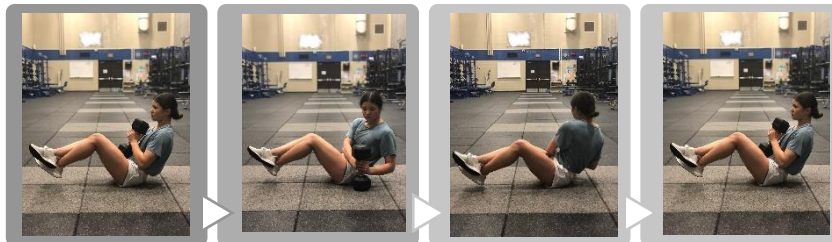
overhead raise

x 4

*1 rep of each raise variation = 1 circuit rep

EXERCISE 3

DB TWIST

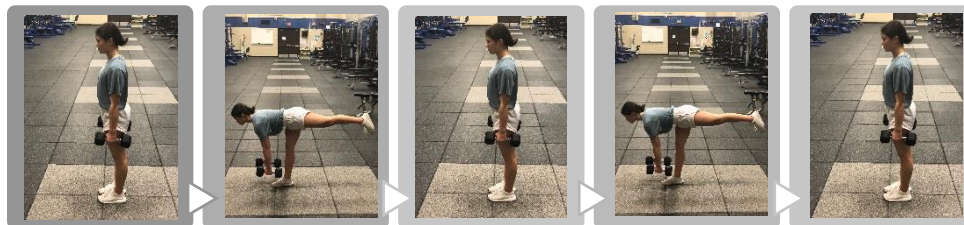


x 20

(per side)

EXERCISE 4

RDL



x 12

(per leg)

Full body workout

DAY 27

exercises:

- * MB plank snappers
- * MB squat + press
- * MB pikes
- * MB sit-ups

3-minute jump rope

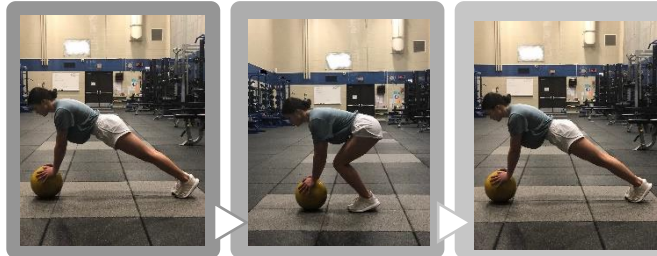
- * 0 - 1:00 / legs together
- * 1:00 - 1:30 / single leg
- * 1:30 - 2:00 / single leg
- * 2:00 - 3:00 / legs together

5 rounds ---

perform as a 'warm up' & after round 3

EXERCISE 1

MB PLANK
SNAPPER



x 15

EXERCISE 2

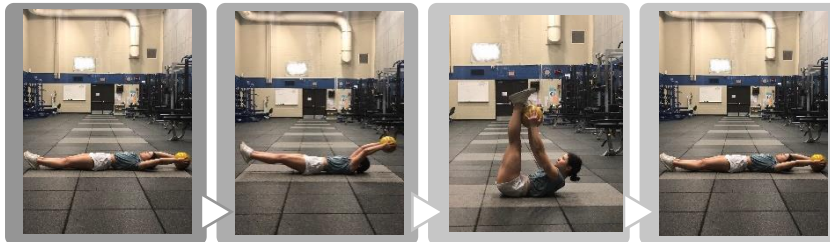
MB SQUAT
+ PRESS



x 15

EXERCISE 3

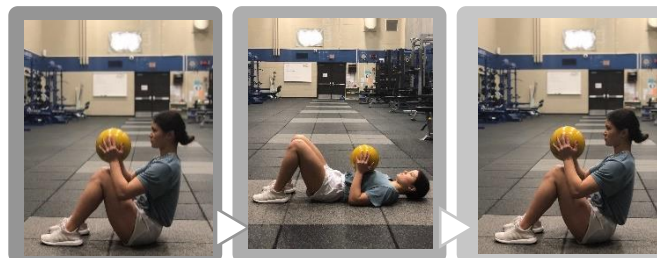
MB PIKE



x 10

EXERCISE 4

MB SIT-UP



x 20

Full body workout

DAY 28

exercises:

- * BB back squats
- * SLD'S
- * power cleans
- * knee tappers

3-minute jump rope

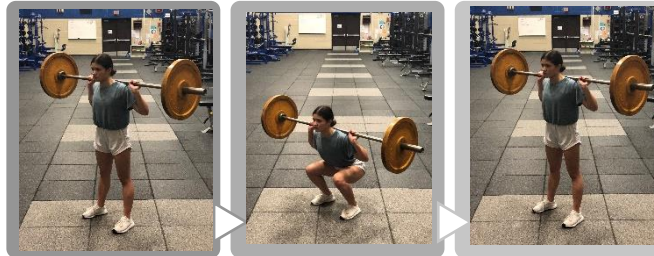
- * 0 - 1:00 / legs together
- * 1:00 - 1:30 / single leg
- * 1:30 - 2:00 / single leg
- * 2:00 - 3:00 / legs together

4 rounds ---

perform as a 'warm up'
& after round 2

EXERCISE 1

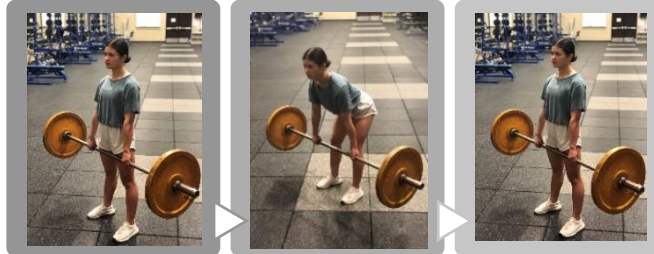
BB BACK
SQUAT



x 6

EXERCISE 2

SLD



x 8

EXERCISE 3

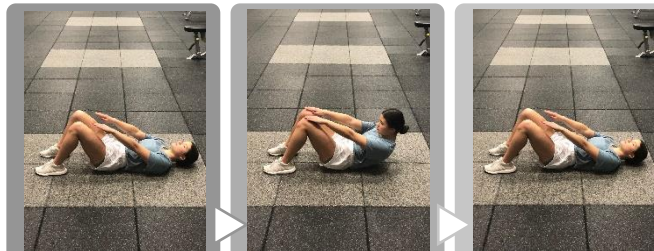
POWER
CLEAN



x 6

EXERCISE 4

KNEE TAPPER



x 25

