

Athletic Conditioning #2
Kelly Coffey Meyer
Workout

Date: _____

Exercise 0,1,2 = number of dbs used	Notes
Warm up	
2-squat & curl	
2-standing pec dec	
2-pommel horse	
1-shoulder press with rev lunge	
0-cardio split switches	
2-lawnmowers	
1-overhead tricep ext	
1-pop squat	
0-crescent into curtsy	
1-overhead rainbow	
2-curl & press	
1-bear crawl flip & press	