

Workout for 12/5-12/11

R&S = 0430

- 20 mins - 40yd sprints
- (Take MM)
- 25 reps @ 30lbs - Standing bench press ≈ 1:00
- 25 reps @ 30lbs - Standing pull-ups ≈ 1:00
- 25 reps @ 30lbs - Standing bench press ≈ 1:00
- 25 reps @ 30lbs - Standing pull-ups ≈ 1:00
- 50 reps - Situps ≈ 2:30
- 25 reps @ 30lbs - Standing bench press ≈ 1:00
- 25 reps @ 30lbs - Standing pull-ups ≈ 1:00
- 25 reps @ 30lbs - Standing bench press ≈ 1:00
- 25 reps @ 30lbs - Standing pull-ups ≈ 1:00
- 50 reps - Situps ≈ 2:30
- (Take MM) *optional*
- **Total Time = 33 Minutes**