

past sessions:

20100703:0800

5 ball slam
10 pushup
15 KB swings

11 rounds

borrowed from GYMJONES, an eye opener to all, especially heather (its her second time training with us)

heather: 15:36 15# ball, alternated 18/25 # kb, modified pushups

emily: 14:24 20# ball, 20# kb, some modified pushups

kevin: 14:34 25# ball, 44# kb, honest pushups.

in the early stage of athletic development, competition in the gym can help, before a student is comfortable with their limits and potential, it helps to pair them (or scale) to provide that extra pressure, as the individual develops, however, competition is best left out of the equation (or at least within)

20100705:0800

warmup w/ 6 way bb complex

30 seconds work, 30 seconds recovery w/ set # of squats, 3 rounds

airdyne
front plank
push press
right plank
sit-up
left plank
Knees to elbows
v-sit

30/30 push press

kevin - 10 squats per "rest", 240 total. 15# PP : 30, 15,15,15

emily - 7 squats per rest, 168 total 30/30's for "fun"@ 10#

-b - 20# pushpress: 40, 35, 20, 20