

Steve - 10/9

- Drop Lunge to step up
4X6 (each) @ 10# (each)
 - TRX sprinter jumps - 4X15
 - TRX pistol squats 4X5 (each)
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- 20 sec on / 10 sec off - X 8
- 30% incline (No Hands) - Run
4 min - walking lunges w/ 10#
- 30% incline - Tabata Run