July - Workout of the Month

Week 1

		Set 1	Set 2	Set 3			Set 1	Set 2	Set 3			Set 1	Set 2	Set 3	
Hindu Push Up	3x8-10														
Burpees	3x10-12														
Ice Skater	3x8-10														

Week 2

		Set 1	Set 2	Set 3			Set 1	Set 2	Set 3			Set 1	Set 2	Set 3	
Side to Side	3x8-10														
Tuck Jump	3x8-10														
Elevated Side Bridge	3xmax														

Week 3

		Set 1	Set 2	Set 3			Set 1	Set 2	Set 3			Set 1	Set 2	Set 3	
Explosive Alternating Push Up	3x8-10														
V Up	3x8-10														
High Knees	3x8-10														

Week 4

		Set 1	Set 2	Set 3			Set 1	Set 2	Set 3			Set 1	Set 2	Set 3	
Hand Stand Push Up (or variation)	3x8-10														
Mountain Climber	3x8-10														
Explosive Push Up	3x8-10														