December 2011 - Workout of the Month
Full Workout

SuperSet 1: 3 x 10 – 12 of each

		Set 1	Set 2	Set 3			Set 1	Set 2	Set 3			Set 1	Set 2	Set 3	
Explosive Push Up															
Squat Row															
Box Jump															

SuperSet 2: 3 x 10 – 12 of each

		Set 1	Set 2	Set 3			Set 1	Set 2	Set 3			Set 1	Set 2	Set 3	
Single Arm Band – Squat Press															
Side Plank/Triceps Extension															
Wall Lunge															

SuperSet 3: 3 x 12 – 15 of each

		Set 1	Set 2	Set 3			Set 1	Set 2	Set 3			Set 1	Set 2	Set 3	
Walking Lunge															
Double Crunch															
Decline Push Up															