November 2011 - Workout of the Month

Weeks 3 and 4

		Set 1	Set 2	Set 3			Set 1	Set 2	Set 3			Set 1	Set 2	Set 3	
Supersets															
A. Seated Row B. Spiderman Pushup															
A. Stick 'em Up Squat B. Reverse Shoulder Fly															
A. Russian Twists B. Wall Sits															