



November 2011 - Workout of the Month

Weeks 1 and 2

	Set 1	Set 2	Set 3		Set 1	Set 2	Set 3		Set 1	Set 2	Set 3	
Supersets												
A. Incline Pushup B. Bent Over Row												
A. Shoulder Fly B. Walking Lunge												
A. Bicep Curl B. Triceps Overhead Extension												

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												