






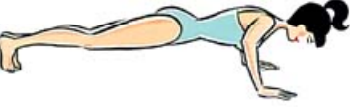


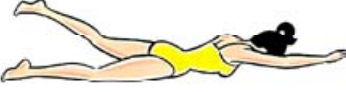
Resistance Program

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Training Frequency

<p>Boxing Makes sure it's the other guy that cops the punches.</p>  <p>KG Sets Repetitions</p>	<p>Running Beware of large vicious dogs.</p>  <p>KG Sets Repetitions</p>	<p>Skipping Pick those feet up and keep moving. Try varying your footwork.</p>  <p>KG Sets Repetitions</p>	<p>D/B Row Back flat. Pull D/B up into armpit keeping arm close to side of body. Full stretch.</p>  <p>KG Sets Repetitions</p>	<p>Lunges B/B or D/B. Front knee over heel, back heel lifted. Back straight. Drop pelvis to floor.</p>  <p>KG Sets Repetitions</p>
<p>Push Ups Hands out wide. Lower chest to floor, elbows out so shoulders come down between wrists. Inter = On knees.</p>  <p>KG Sets Repetitions</p>	<p>Step Ups B/B or D/B. Step up onto bench or step. Knee no higher than hip level.</p>  <p>KG Sets Repetitions</p>	<p>Basic Curl Knees bent. Head and shoulders off floor. Curl forward without pulling on head.</p>  <p>KG Sets Repetitions</p>	<p>Back Extn (Alt) On floor, keeping hips & chest down. Raise opposite arm and leg, alternating sides.</p>  <p>KG Sets Repetitions</p>	<p>Please remember to adhere to all the exercise technique tips and stick to the interval time specified as it is important to the result. Remember to always consume water when exercising, even more than your thirst requires and remember to use a towel.</p>

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