

OLD SCHOOL WORKOUTS



By Coach Aaron





INSTRUCTIONS:

- * Choose 10-15 of the following exercises
- * Your workout should last approximately 60 minutes
- * If you are poolside, add in a 50 sprint in between each set

6-inch crunch – 3 sets of 50
Banana Rolls – 3 sets of 40 rolls
Bicycle Crunch – 3 sets of 1 min. high speed
Bicycle Crunch w/ Medicine Ball - same
Burpees – 3 sets of 25
Chest Throws – 3 sets 50 - wall or partner
Extension Bounce – 3 sets 20
Jump Squats – 3 sets 25
Medicine Ball Lunge Crossovers - 100
Medicine Ball Squats – 3 sets of 50
Mountain Climbers – 3 sets, 1 min. high speed
Oblique crunch – 3 sets of 50
Plank w/ leg lift – 3 sets of 2 min.

Plank w/leg lift and arm lift – 3 sets of 2 min.
Plank Walkups – 3 sets of 25
Planks – 3 sets of 2 min.
Regular Crunch – 3 sets of 50
Reverse Planks – 3 sets of 2 min.
Side Planks – 3 sets of 1 min. each side
Side Planks with leg lift - same
Sky Tosses – 3 sets of 20 as high as poss.
Superwomans – 3 sets of 1 min.
Tri Throws – 3 sets of 20
Twist Tosses – 3 sets of 25 each side (50)
V Ups – 3 sets of 25
Wall Sits w/medicine ball twist – 3 sets 1 min.

Au

6-inch crunch



Banana Rolls



Bicycle Crunches



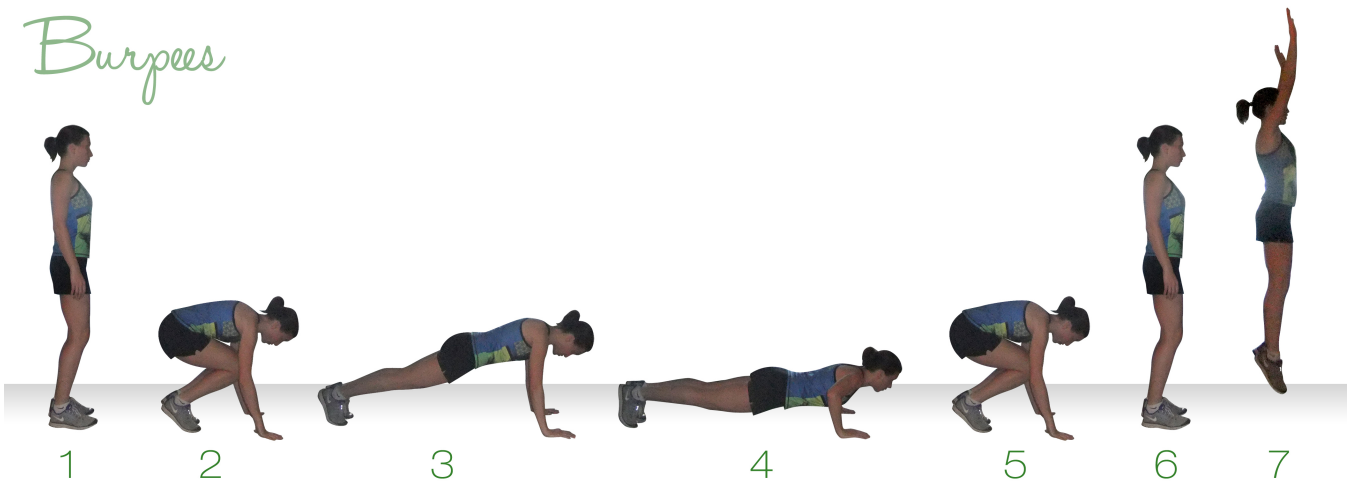


Bicycle Crunches with Medicine Ball



Burpees

Burpees

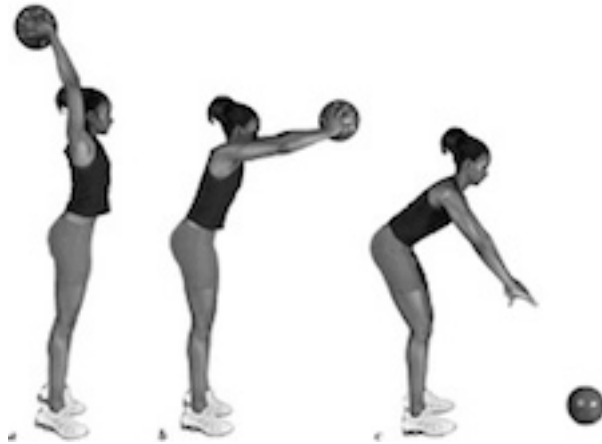




Chest Throws



Extension Bounce



Jump Squats





Medicine Ball Lunge Crossovers

Start



Finish



Medicine Ball Squats





Mountain Climbers



Oblique crunch



Plank w/ leg lift



Plank w/leg lift and arm lift





Plank Walkups



Planks



Planks (Alternate Form)





Regular Crunch



Reverse Planks



Side Planks





Side Planks (Alternate Form)



MARTIN SOONDUITO

Side Plank With Leg Lift





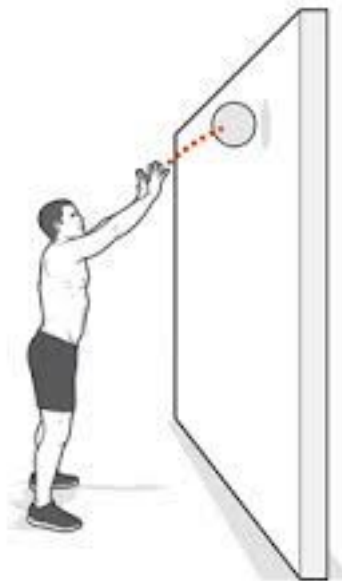
Sky Tosses



Superwomans



Tri Throws





Twist Tosses

1



2



V-Ups



V-Ups (Alternate Form)





Wall Sits w/medicine ball twists

