

ARIIX FIT

WORKOUT IN THE PARK

This Workout Provided by:

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DISCLAIMER

The information contained in this document is not appropriate for everyone. We are not responsible for any injuries or health conditions that may result from attempting anything in the videos or documents. The information shown is not a replacement for medical advice. You should consult a physician before starting any diet or exercise program.

Warm-Up

Warm up by doing the following exercises before starting the workout below. Proper warm up will decrease the chance of injury and allow for better performance.

Warm-Up			
Exercise	Repetitions	Rest	Load (Pounds)
Jumping Jacks	10	none	Body Weight
Seal Jumps	10	none	Body Weight
Squats	10	none	Body Weight

Repeat 3 times.

Stretches			
Exercise	Repetitions	Rest	Load (Pounds)
Single Leg Raises (Each Side)	10	none	Body Weight
Iron Cross	10	none	Body Weight
Worlds Greatest Stretch	10	none	Body Weight
Sit Ups	10	none	Body Weight
Po	10	none	Body Weight

Dynamic Warm-up			
Exercise	Repetitions	Rest	Load (Pounds)
Lunges With hand interlocked over head and arms straight	20	none	Body Weight
Burpees	10	none	Body Weight

Repeat 3-5 times.

Instructions

Perform all 6 exercises in a round for 2-3 rounds. Each set of 6 exercises counts as a round. Follow the recommended rest time between rounds and rest for 1 minute after the rounds of exercises.

Emphasize quality over quantity to avoid injury, but push yourself to achieve as many reps and rounds as possible.

Rounds 1, 2 & 3			1 Minute at Each Station
Exercise	Repetitions	Rest	Load (Pounds)
TRX Pull-ups	AMAP (as many as Possible)	none	Body Weight
Kettle Bell Swing	AMAP	none	Men: 15-35 lbs Women: 10-25 lbs
Jump Rope	AMAP	none	Body Weight
Medicine Ball Squat and Toss	AMAP	none	Men: 10-30 lbs Women: 5-20 lbs
Single Arm Kettlebell Snatch	AMAP	none	Men: 8-16 lbs Women: 6-10 lbs
25 Meter Sprints	AMAP	none	Body Weight

Rest -1 Minute

Repeat 2-3 Times

Cooldown			
Exercise	Repetitions	Rest	Load (Pounds)
Hip Flexor Stretch	10	none	Body Weight
Hamstring Stretch	10	none	Body Weight
Figure 4 Stretch	10	none	Body Weight
Prone Quad Stretch	10	none	Body Weight
Calf Stretch	10	none	Body Weight