

Week 9 - 12 Program recording sheet

<u>Tuesday</u>

<u>Exercise</u>	Week 9		Week 10		Week 11		Week 12	
	Reps	Rounds	Rep	Rounds	Reps	Rounds	Reps	Rounds
1. Skipping								
2. Mountain Climbers								
3. Bosu taps								
4. Jumping jacks								
5. Bench hops								
6. Boxing high								
7. Boxing straight								
8. High knees								
9. Crunch and punch								



10. Leg lowers				
11. Alternating knee taps				
taps				