Pain Lab 2

Meet up and you and I can explain Pain Lab's point - low/zero impact and for people on mend.

2) Warm-

Imperial Walker - 10 cadence

   Moroccoan Night Club - 20 cadence

        Low Slow Squat - 10 cadence

        Don Quixote - 10 cadence

        LBC - 20 cadence

        Merkins - 10 cadence

        Lunge, Karyoka and backwards lunge to AO

3) Phase I - Circuit Circle

        #1 - 3 minutes of muscle work (Merkins, Peter Parkers, Supermans, Dips....10 each and go constantly)

            when bell rings, 1 minute of circling around, doing lunges or IW

        #2 - 3 minutes of shadow boxing (I walk everyone through just like you and i did)

        #3 - 3 minutes of Yoga (Warrior Poses and such, just to stretch and firm muscle)

        REPEAT ABOVE 3 TIMES (30 minutes roughly)

Phase III - Follow the leader

  - Bear Crawl across

* crab wlk across
* Seal crawl
* Wall sits
* Pass the gallons
* Zombie lunge

Phase IV - Partner Work

        Partner up, do 100 CDD's, 200 Squats/curls 300 Calf Raises

5) Phase III - Mary Time

        we get back to original spot for crunches.

Good??  Thanks,