

THOMAS R. NORRIS BATTALION - WEEKLY EXERCISE REPORT

<i>All exercises are 1 count</i>	MONDAY		WEDNESDAY		FRIDAY	
	<u>SET</u>	<u>REPS</u>	<u>SET</u>	<u>REPS</u>	<u>SET</u>	<u>REPS</u>
PUSHUPS	1		1		1	
	2		2		2	
	3		3		3	
	4		4		4	
SITUPS	1		1		1	
	2		2		2	
	3		3		3	
	4		4		4	
PULL-UPS	1		1		1	
	2		2		2	
	3		3		3	
	4		4		4	
	<u>REP</u>	<u>Time</u>	<u>REP</u>	<u>Time</u>	<u>REP</u>	<u>Time</u>
<i>Stretching</i>		10:00		10:00		10:00
<i>Pre-workout Warm-up</i>		10:00		10:00		10:00
<i>Run (1 mile minimum)</i>						
<i>Post-workout Cooldown</i>		10:00		10:00		10:00

<i>All exercises are 4 count</i>	TUESDAY		THURSDAY		SATURDAY	
	<u>SET</u>	<u>REPS</u>	<u>SET</u>	<u>REPS</u>	<u>SET</u>	<u>REPS</u>
MOUNTAIN CLIMBERS	1	30	1	30	1	30
	2	30	2	30	2	30
	3	30	3	30	3	30
6/90's	1	20	1	20	1	20
	2	20	2	20	2	20
	3	20	3	20	3	20
JUMPING JACKS	1	50	1	50	1	50
	2	50	2	50	2	50
	3	50	3	50	3	50
CHERRY PICKERS	1	30	1	30	1	30
	2	30	2	30	2	30
	3	30	3	30	3	30
FLUTTER KICKS	1	20	1	20	1	20
	2	20	2	20	2	20
	3	20	3	20	3	20
	<u>REP</u>	<u>Time</u>	<u>REP</u>	<u>Time</u>	<u>REP</u>	<u>Time</u>
<i>Stretching</i>		10:00		10:00		10:00
<i>Pre-workout Warm-up</i>		10:00		10:00		10:00
<i>20 yard Wind Sprints (30 sec between)</i>	1					
	2					
	3					
<i>40 yard Wind Sprints (30 sec between)</i>	4					
	5					
	6					
<i>60 yard Wind Sprints (30 sec between)</i>	7					
	8					
	9					
<i>100 yard Wind Sprints (30 sec between)</i>	10					
	11					
	12					
<i>Post-workout Cooldown</i>		10:00		10:00		10:00