

Week 12 Friday

ABS

Circuit One

2x7min

Snap Jumps

30 REPS



Spider Push Ups

16 REPS
8 PER SIDE



Scissor Kicks

40 REPS
20 PER SIDE



Bench Hops

30 REPS
15 PER SIDE



Circuit Two

2x7min

Straight Leg Raises (On Bench)

20 REPS



Straight Leg Jackknives

20 REPS



Weighted Bent Leg Jackknives

20 REPS



3-6 KG

Burpee + Push Up + Bench Jump

15 REPS



Cool Down - Lower and Upper Body Stretch Routine (see page 84-85)

Week 12 Saturday - LISS (35-45 mins) + REHABILITATION (see pages 82-85)

Gratis 12 Week Training Guide Kayla

Chao Zhang



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SAMHSA News ,1997 **Readers' Guide to Periodical Literature** Anna Lorraine Guthrie,Bertha Tannehill,Neltje Marie Tannehill Shimer,1989 An author subject index to selected general interest periodicals of reference value in libraries

Black Belt ,1986-08 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known marital arts figure in the world *NARHA Strides* ,1999 Journal of the Senate of the United States of America United States. Congress. Senate, **Congressional Record** United States. Congress,2002 *Family Circles* ,1994 **Flyover** ,2002 *The Teacher's Calendar, School Year 2000-2001* Kim A. Summers,Sally M. Walker,2000 The ideal resource for K 8 teachers school librarians event coordinators public and children s librarians and after school program librarians Arranged day by day from August 1 2000 through July 31 2001 it will help teachers plan lessons arrange bulletin boards and prepare school calendars More than 4 000 entries include updated birthday listings of entertainers athletes and government officials that are of interest to children all federal and state holidays significant dates in American history state fairs space exploration milestones even dates that toys such as Beanie Babies TM and American Girl TM dolls were introduced **Let's Go** Kayla Alpert,1993 The Times-picayune Index ,1995

Encyclopedia of Associations V1 National Org 46 Pt2 ,2008-04 *Government Reports Annual Index* ,1978

Encyclopedia of Associations ,2006-12 *Government Reports Announcements & Index* ,1978-10 **Bikini Body**

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