

Fitness Competitors Work Out Program

30 minutes of cardio - intense level

2 sets of 20 front high leg kicks

2 sets of 20 side leg kicks

2 sets of 20 rear leg kicks

2 sets of 20 plyometric jumps at maximum height

2 sets of 20 - 1 arm push ups

2 sets of 30 sec splits with blocks under legs

2 sets of 20 chin ups

2 sets of straddle jumps to failure

2 sets of pike jumps to failure

2 sets of max hold straddle press

2 sets of max hold pike press

Full body stretch minimum 1 min hold each stretch. (For a detailed Flexibility training program see the article on my site)

TRAIN WITH DESIRE, DESIRE TO BE BETTER TOMORROW THAN YOU ARE TODAY.

