Total Body Fitness & HS Physical Education:Day One

Coach Cannon

Monday-Friday 8:00 a.m. to noon

Do each exercise to rep number completion (chipper format) and move to the following exercise.

1. Deadlift x 50
2. Push Ups x 50
3. Step Ups x 100
4. Dips x 50



1. Atomic Sit Up x 50



Total time: