

My workout

1st Stretching:

With a quarter staff

About ½ hr, 50ish stretches, head to toes

Then,

~1hr/day, every day

Split b/t upper and lower

Also b/t aerobic and anaerobic

Day 1 – Run 10k

Day 2 – Work out upper body weights: 6+ exercises: Chest (bench), Back (Rows), Traps: Shrugs, Delts (Military/strict press), curls, tricep

Day 3 – Run 10k

Day 4 – Swim ~ 1mile

Day 5 – Legs w/o in gym: 6+: Back Squats, Dead Lifts, Calf, Extensions, Curls, Anterior tibialis toe raises, adductor, abductor

Day 6 – 500 pushups, 5x pullups, dips, hand stands

Rest or Repeat