

# *Air Alert Workout*

WEEK	DATE	LEAP UPS		CALF RAISES		STEP UPS		THRUST UPS		BURNOUTS	
		SETS	REPS	SETS	REPS	SETS	REPS	SETS	REPS	SETS	REPS
	Week Starting:										
<b>1</b>	2-Dec	2	20	2	10	2	10	2	15	1	100
<b>2</b>	9-Dec	3	20	2	15	2	15	2	20	1	200
<b>3</b>	16-Dec	3	25	2	20	2	15	2	25	1	300
<b>4</b>	23-Dec	3	30	2	25	2	20	2	30	2	200
<b>5</b>	30-Dec	4	25	2	30	2	20	2	35	2	250
<b>6</b>	6-Jan	2	50	2	35	2	25	2	40	2	300
<b>7</b>	13-Jan	4	30	2	40	2	25	2	50	2	350
<b>8</b>	20-Jan	3	50	2	45	2	30	2	60	4	200
<b>9</b>	27-Jan	4	50	2	50	2	30	2	70	3	300
<b>10</b>	3-Feb	5	40	2	55	2	35	2	80	4	250
<b>11</b>	10-Feb	6	50	4	30	2	35	2	90	4	275
<b>12</b>	17-Feb	4	75	4	35	2	40	2	100	4	300
<b>13</b>	24-Feb	<b>DO NOT DO EXERCISES. THIS WEEK IS FOR RESTING YOUR LEGS</b>									
<b>14</b>	3-Mar	3	30	2	30	2	20	2	30	1	250
<b>15</b>	10-Mar	4	100	4	50	2	50	2	100	4	400

Do 3 days per week. Rest days in between.