



PatchFitness

Fun · Cardio · Strength · Flexibility

The Patch's Cardio Routine #7 Menu

January 1, 2008

Sets	Reps	Duration	E-Cise
1		1 Minute	Duck Walks
1		1 Minute	Bear Crawls
1		1 Minute	2 Legged Hops
1		1 Minute Each	3 Minute Drill
1		1 Minute	Duck Walks
1		1 Minute	Bear Crawls
1		1 Minute	2 Legged Hops
1		1 Minute Each	3 Minute Drill
1		1 Minute	Duck Walks
1		1 Minute	Bear Crawls
1		1 Minute	2 Legged Hops
1		1 Minute Each	3 Minute Drill
1		1 Minute	Duck Walks
1		1 Minute	Bear Crawls
1		1 Minute	2 Legged Hops
1		1 Minute Each	3 Minute Drill
1		1 Minute	Airbench