



PatchFitness

Fun · Cardio · Strength · Flexibility

The Patch's Strength Routine #7 Menu

January 1, 2008

Sets	Reps	Duration	E-Cise
1	50		Ab Crunches
1	10		Full Sit Ups
1		1 Minute	Airbench
1		1 Minute	Bear Crawl Bkwrd
2	10		Duck Walks
3	10		Inch Worms
1	10		Full Sit Ups
3	10-8-6		Walkouts
		2 Minutes	Downward Dog