LOMA Bar W	orkout 1							
	Notes	Date						notes
	you can use a wall or chair	reps						
Front Rises	also circles and fig 8's	time						
	also circles and hy os	reps						
Side Rises	also circles and fig 8's	time						
	also circles and hy 0's	reps						
4 stage kicking Front kick		time						
		reps						
4 stage kicking Side kick		time						
		reps						
4 stage kicking Roundhouse		time						
	do 1, then 2, then 3	reps						
Count ups - Front kick	up to ten and back down	time						
		reps						
Count ups - Side kick		time						
		reps						
Count ups - Roundhouse		time						
		reps						
Count ups - Hook kick		time						
	low/mid/high	reps						
Multi-level Side Kicking		time						
		reps						
Side Hook Round		time						
		reps						
Front into Crescent		time						
		reps						
Front into Axe		time						
1		reps						
Mountain Climbers		time						
		reps						
Inverted Wall Stretch		time						