

Matto SEAL PT

	Exercise	Count	Reps		
1)	Jumping Jacks	4-count	30	26)	Flutter Kicks
2)	1/2 Jumping Jacks	2-count	30	27)	Good Morning Darlings
3)	Standing Twisters	4-count	10	28)	Neck Rotations
4)	Standing Side Stretch	4-count	10	29)	Tricep Push Ups
5)	Push Ups	2-count	30	30)	Trunk Twisters
6)	Hi Jack/Hi Jill	4-count	10	31)	Sitting Flutter Kicks
7)	Push Ups	2-count	30	32)	Stomach Pump Ups
8)	Press Press Fling	4-count	10	33)	Back Rollers
9)	Tricep Push Up	2-count	20	34)	Trunk Rotations
10)	Wind Mills	4-count	10	35)	Chase the Rabbit
11)	Dive Bomber Push Up	2-count	20	36)	Dive Bomber Push Ups
12)	Up Back and Over	4-count	10	37)	Standing Head to Knee
13)	Half Wind Mills	2-count	10	38)	Standing Calf Stretch
14)	Push Ups	2-count	30	39)	Standing Hamstring
15)	Swimmer Stretch	2-count	10	40)	Standing Groin
16)	Trunk Forward and Apt	2-count	10	41)	Standing Hurdler
17)	Push Ups	2-count	30	42)	Butterfly Stretch
18)	Sit Ups	2-count	100	43)	Standing Thigh Stretch
19)	Leg Levers	2-count	25	44)	8-Count Body Builder
20)	Trunk Rotations	2-count	10	45)	Pull Ups
21)	Push Ups	2-count	30		Alternate with
22)	Sitting Twisters	2-count	10	46)	Dips
23)	Sitting Knee Bends	4-count	20		
24)	Hands and Toe Sit Ups	2-count	25		
25)	Trunk Forward and Apt	4-count	10		

4-count	200
2-count	100
4-count	20
2-count	20
4-count	10
4-count	35
2-count	40
2-count	15
4-count	10
4-count	25
2-count	15
2-count	6
2-count	6
2-count	6
4-count	10
2-count	10
2-count	10
2-count	10
8-count	20

10-7-5

20-15-10