

*Mr. Courtot's Slosh-pipe Whole Body Workout*

Target Body Part	Exercise #	Exercise	Pipe Mass (kg)	Distance (m) per rep	Work (J) per rep	# Sets	# Reps per set	Total Reps	Total Work (J)	Notes
Legs	1	Squats	10	0.8	78.4	2	15	30	2352	Warm Up Set
		Squats	20	0.8	156.8	2	5	10	1568	Strength Building Set
	1 minute rest time									
	2	Lunges	12	2.3	270.48	2	16	32	8655.36	Alternate legs each repetition
1 minute rest time										
Biceps & Shoulders	3	Curl & Shoulder Press	5.5	2.1	113.19	3	10	30	3395.7	
1 minute rest time										
Chest	4	Plyo-ball bench	12	1.2	141.12	2	15	30	4233.6	
1 minute rest time										
Abs	5	Standing Core Twists	20	0.8	156.8	3	10	30	4704	Alternate sides each repetition
1 minute rest time										
Legs & Core	6	Distance Walk on toes	15	10	1470	3	1	3	4410	For increased difficulty, walk a straight line
1 minute rest time										
Abs	7	Sit-ups	10	1.6	156.8	3	20	60	9408	Keep arms extended and straight during the repetition
1 minute rest time										
	Exercise #					# Sets		Total Reps	Total Work (J)	
Total	7					20		225	38726.66	