



FORMING SHEPHERDS ONE WORKOUT AT A TIME

2018-05-05 WORKOUT

Warm-up

- One lap around soccer field
- @ soccer field:
 - Squats, in cadence (number of repetitions: about 15) – 1 minute
 - Arm circles, in cadence (number of repetitions: about 10 forward and 10 backwards) – 2 minutes
 - Jumping jacks, in cadence (number of repetitions: about 10) – 1 minute
 - Push-ups, in cadence (number of repetitions: about 10) – 1 minute

Exercise #1: Ladder sprints/"Empty Tomb"/Suicides @ soccer field.

Begin on Sideline. Run to Red cone; run back to starting sideline. Without stopping, run from sideline to White cone; run back to starting sideline. Without stopping, run from sideline to blue cone. Stop. Take 90 second break. Repeat going in reverse order.

Exercise #2: Indian bear crawls @ soccer field.

Group up into evenly numbered teams. Start on sideline. Bear crawl to end cones. Stop. Pause 1 minute. Bear crawl from white cones back to sideline. Then as an entire group jog to parking lot.

Exercise #3: Jumping rope and push-ups @ parking lot.

Count off in partners. Partner on outside of circle jumps rope. Together as a group, complete 10 pushups (count off together "Down 1, Down 2, Down 3, Down 4 Down 5, Down 6," etc.), jog to partner 2. Switch roles. The sequence will be 10 pushups, 9, 8, 7, 6, 5, 4, 3, 2, 1. Done.

Whatever time left: bird dog; crunches; side plank left; side plank right. DONE.