



FORMING SHEPHERDS ONE WORKOUT AT A TIME

2018-05-19 WORKOUT

Warm- up

- Lizard walk – 5 per side, 10 total
- Arm circles- 10 forward, 10 backwards
- Jumping Jacks- 15
- Lunges- 5 per leg, 10 total
- Run to bottom of the hill

Exercise #1 Hill Ascension

Partner up, one partner runs to the top of the hill and back down while the other partner does pushups switching as each gets to the bottom. Total pushups 150. Once pushup complete one partner assumes plank position each partner must run up the hill 3 times while partner is planking alternating each trip.

Exercise #2 Jumping Jacks and Bear Crawl/ Lunges and Burpees

Partner up, one partner performs jumping jacks while other does lunges out to maker and back, alternating each activities each trip there and back. Each partner completes 3 trips of lunges, then 3 trips of bear crawls and burpees

Exercise # 3 Circle Tag

Form 3-4 circles of guys. One guy for each circle is out (tagger) one guy in the circle is (IT). The tagger must try to tag the IT person while the circle of guys tries to protect him. If IT is tagged the circle of men do 10 pushups, if he is not the tagger does 10

Exercise #3 Team run back

Break men up into groups of 8-10, each group assumes a slow jog towards the cross with other stops depending on time. As they run last man in line sprints to front of line then new last man in line sprints to front of line and continues until we reach the cross

Exercise #4 Core work

Take the group through crunches and side planks if time permits