



## **FORMING SHEPHERDS ONE WORKOUT AT A TIME**

### **2018-06-16 WORKOUT**

#### **Our Father**

**Disclaimer - I am not a professional. I have no knowledge of any injuries or medical concerns you may have. Modify as needed. If something doesn't feel safe, don't do it. Know your limits.**

**Disclaimer #2 – If you have not filled out a waiver form, please make sure to do so.**

#### **Warm-Up**

- Jumping jacks (about 10 in cadence);
- Push-ups (about 10-15 in cadence);
- Squats (about 10-15 in cadence);
- Lunge and knees (10 each leg)

**Jog around soccer field, and get teams divided up/explain the workout for the morning.**

#### **Workout – Stations (Men are expected to jog between stations)**

##### Exercise 1: Purgatory Hill (8 minutes)

This is a partner exercise. One partner will run from the bottom of the hill to the bottom of the other side of the hill. Once at the other side, they will perform 5 burpees. They will return up and over the hill once completed to hand off to their partner. The partner at the bottom of the hill will hold a plank until his partner tags him to switch and run up the hill.

##### Exercise 2: -- Team Run Back – Soccer Field (8 minutes)

Group assumes a slow jog around the soccer field. As they run, the last man in line sprints to front of line then new last man in line sprints to front of line and continues for the allotted time. Man at the front of the line will run with a medicine ball hoisted over his head.

Exercise 3 – Legs/Core (8 minutes) – Middle of Soccer Field

This area will contain two exercises – squats (jump if regular too easy) and mountain climbers. Do 20 squats or 20 mountain climbers (left and right constitutes one repetition) first (split group in half, half starts with one and half with the other) – whichever you start with, and then proceed to the other exercise. Continue this for the allotted time.

Exercise 4 – Suicide Sprints/Push Ups (8 minutes) – Between Baseball Fields

This area will contain two exercises. Split group in half – half will start with sprints, other will start with pushups. Up and back from the cones is considered one revolution – should do that twice before moving onto pushups. Individuals doing pushups should do 20 repetitions before they go back to sprints. Continue this for the allotted time.

Optional Exercise – Parking Lot Line Shuffle/Sidesteps

Everyone runs to the cross for discussion time!