



## FORMING SHEPHERDS ONE WORKOUT AT A TIME

### 2018-06-30 WORKOUT

#### Warm-up

Jog to the soccer field and circle up.

Torso Twists – 20 reps in cadence

Jumping Jacks – 20 reps in cadence

Arm Circles (front, back, alternating) – 10 reps each in cadence

Deep Squats – 10 in cadence

**Workout: One station at each corner of the soccer field. Everyone partners up and then splits equally between stations.**

#### **Station 1:**

Partner Push-up: Partners perform pushups face-to-face, reach out and touch right-hand-to-right-hand. Second rep, they touch left-hand-to-left hand. Alternating hands each rep until 10 reps completed, then sprint to the next station.

#### **Station 2:**

Boxer Throws: One partner lies down on their back and holds the ankles of their partner who stands at their shoulders. Laying partner brings legs up to the standing partner who grabs their feet/ankles and throws them to the ground. Partner on the ground must stop their feet before they hit the ground and bring them back up to complete the rep. Difficulty is adjusted by the force of the throw. The throw can also be in different directions (angle, sideways, straight). 10 reps then partners switch positions. Once both partners have completed their set, sprint to the next station.

#### **Station 3:**

Help a Shepherd Up: One partner lies on back with knees bent and feet close to hips. Standing partner stands at (not on) their feet. Partners cross arms to grab right-hand-to-right-hand and left-hand-to-left-hand. Standing partner pulls lying partner to their feet using good lifting/squat form (knees bent, back straight...no hunching over). Once the lying partner is pulled to their feet 10 times, partners switch positions and complete another 10 reps. Sprint to the next station.

#### **Station 4:**

Buddy Lunge: Partners stand face-to-face about 3 feet apart. Both step backward with their right foot, perform standard lunge, then step back forward and tap feet in the air in front of them. Complete 10 reps, then switch legs. Sprint to the 1<sup>st</sup> station.

**The goal is constant motion and to complete as many revolutions around the soccer field as possible in the allotted time.**