



FORMING SHEPHERDS ONE WORKOUT AT A TIME

2018-07-21 WORKOUT

- Warm up:
 - o Jumping Jacks 20
 - o Arm Circles 10 each
 - o Push Ups 20
 - o Lunges & Knees 10 each
 - o Basketball catch and shoot 10 each
 - o Hot foot 10 each
- Exercise #1
 - o Run to Purgatory Hill
 - o Trinitys: Partner runs up/down hill, cumulatively 100 pushups, 200 crunches, 300 squats
- Exercise #2
 - o Run to soccer field (1 lap around it)
 - o X-out drill: group splits (each half uses a side of the field)
 - o Box Drill: group splits (each half uses a side of the field)
 - o Suicides
- Exercise #3
 - o Indian Bear Crawls
- Exercise #4
 - o Catch me if you can burpees
- If extra time:
 - o Double Heisman, Leapfrog squat, Twist Combo, Monster truck tires, Dive Bomber Pushups
- Finish:
 - o Run to cross