



# FORMING SHEPHERDS ONE WORKOUT AT A TIME

## 2018-08-25 WORKOUT

### 7:00AM - 7:02

Parking Lot / Circle Up

Intro: For those that don't know me, I am Matt Parcels - honored

to lead the shepherds today

Disclaimer 1: I am not a professional

Disclaimer 2: I know of no injuries existing or previous injuries

If you need to modify, please do so.

### 7:02AM - 7:05

Jumping Jacks - engage entire circle loudly IN CADENCE

Ask for help counting on the rep

Lunges - In Cadence

Pushups - in Cadence

Mountain Climbers - In Cadence

Plank Right - 30 second count

Plank Left - 30 second count

### 7:05AM - 7:30(35)

Jog to soccer field, 1 time around, meet in NE corner nearest parking lot

<< Keep everyone in pair groups of 2's Look for unpaired and match them up

### 7:35AM - 7:45

Jog back over the hill from the backside - soccer field

At Bottom of Hill keep in pairs

One of the pair SPRINT up the hill; the other person planks (catches breath)

Alternate/options include slide board side to sides /or Hop

7:45AM - Jog back to cross with Fr. Mark

