



FORMING SHEPHERDS ONE WORKOUT AT A TIME

2018-09-15 WORKOUT

Warmup

- Jumping jacks
- Pushups
- Kris cross
- Lunges
- Squats
- Squat thrusts
- Arm circles forward and back

Purgatory hill partner up

20 partner pushups. Run up the hill and back down with your partner.

30 side to side plank jumps with the partner. One person is planking while the other person is jumping side to side 30x over their ankles. Switch places after 30 side to side jumps. Run up the hill and back down.

20 partner sit ups. Run up the hill and back down.

30 mountain climbers. Run up the hill and back down.

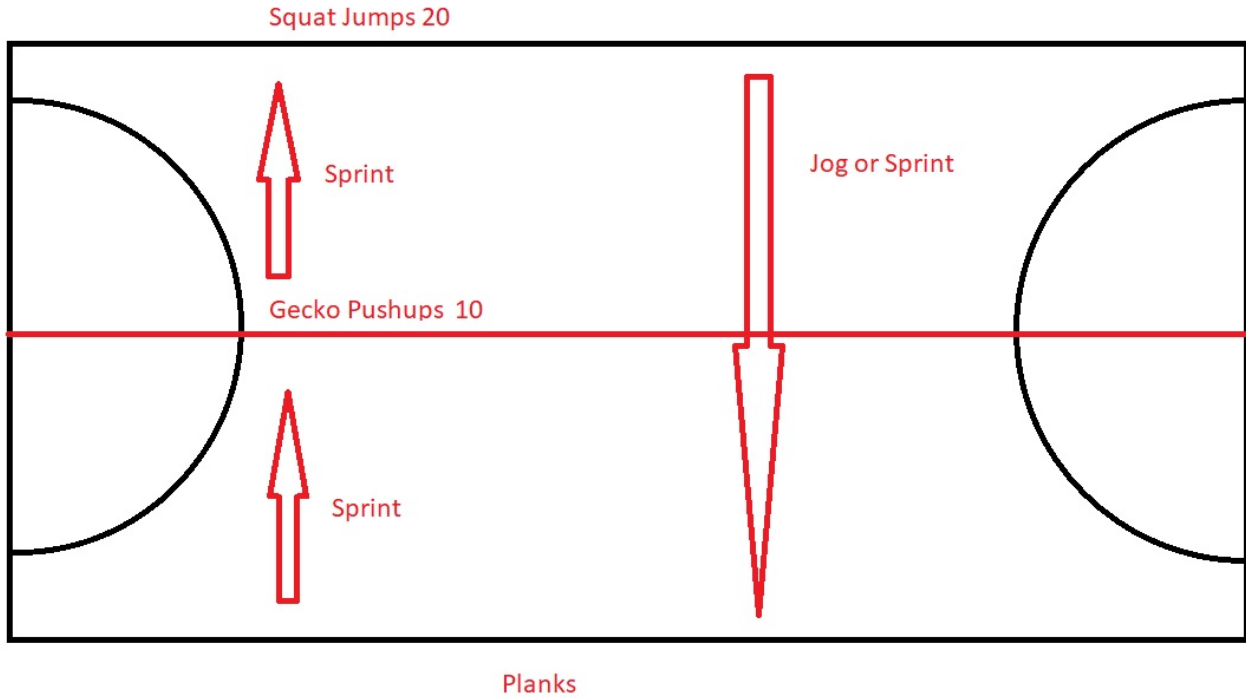
20 burpee claps with partner. Run up hill and back down.

30 squat jumps. Run up the hill and back down.

Jog to the Soccer field

Will be utilizing the entire soccer field.

One person is planking while the other person will sprint half way and perform 10 gecko pushups. They will then sprint the other half of the field and perform 20 squat jumps with their hands behind the head. After completing the squat jumps, they will sprint or jog back to relieve their partner and take turns. We will perform this exercise three times.



If time permits, suicide bare crawls. We will use the entire soccer field. Everyone will bare crawl half way, then bar crawl back, then bare crawl the entire field and bare crawl back. Then sprint suicides afterwards

