



FORMING SHEPHERDS ONE WORKOUT AT A TIME

2018-12-01 WORKOUT

BY JIMMY CANNING

7:00 – Introduction, Disclaimer, Our Father

Announce theme – offering up the workout to Mary our Mother to spread the graces around the world as she pleases

7:01 – Warmups

Jumping jacks (in cadence) ~20

Pushups (in cadence) ~20

Lunges (in cadence) ~10 each leg

Mountain climbers (in cadence) ~20

7:08 – Run to bottom of Purgatory Hill

Lead group through pumping feet and hitting the deck ~1-2 minutes

7:13 – Run to football field (either up Purgatory Hill or alongside it) – Holbrook with sprints *Rosary Decades*

At goal line, do 10 pushups/jump squats/burpees

Sprint to cone (20 yards downfield) and back

Do 9 pushups/jump squats/burpees

(Repeat down to 1 pushup/jump squat/burpee, finish with all-out sprint)

Pushup variations – claps, Spiderman, diamonds

7:30 – Catch-me-if-you-can burpees

Groups of 8 men, single file line and begin light jog, last man does 3 burpees and then runs to the front of line

Run around the football field once, twice if time

Finish with your group – 5 pushups relying on one another (4 men, legs on top of backs)

Extra exercises – Spiderman pushup to cone, leapfrog back to goal line, bear crawl to cone, jump squat back to goal line