



FORMING SHEPHERDS ONE WORKOUT AT A TIME

2010-10-26 WORKOUT

1. Warm-Up:

- 20 Jumping Jacks
- 10 Arm Circles (forward)
- 10 Arm Circle (reverse)
- 20 Mountain Climbers

2. Run to the Volleyball Courts:

- Square Runs around the volleyball courts (4 times)
 - 1st Side – Side-to-Side Shuffle
 - 2nd Side – Forward Sprint
 - 3rd Side – Side-to-Side Shuffle
 - 4th Side – Backwards Sprint
- Circle-up to finish Warm-Up:
 - 10 Toe Touches
 - 10 Lunges Right
 - 10 Lunges Left

3. Partner Run to Purgatory Hill:

- 100 Pushups (between partners for each exercise)
- 100 Sit-ups
- 100 Squats
- 50 Side-to-Side Plank Jumps (25 each partner)

4. Partner Run OVER Purgatory Hill to Soccer Field:

- Exercise 1 – Partner Suicides and Planks:
 - One partner Planks.
 - Other partner will sprint to Mid-Field and do 10 Gecko Pushups.
 - They will then sprint to the End Line and do 20 Squat Jumps.
 - After completing the Squat Jumps, they will Sprint the full field back to relieve their partner who will start.
 - **This exercise will be performed 3 times for each partner.**
- Exercise 2 – Reverse Bear Crawl Suicides (NO PARTNERS):
 - Reverse Bear Crawl to Mid-Field and then Sprint to the End Line.
 - Reverse Bear Crawl back to Mid-Field and Sprint to the End Line.
 - **This exercise will also be performed 3 times for everyone (1 = down and back).**
- Exercise 3 – Suicides (NO PARTNERS):
 - *With any remaining time*, we will do regular suicides (Midfield and back, End Line and back) until time expires.