



FIT SHEPHERDS

FORMING SHEPHERDS ONE WORKOUT AT A TIME

2019-05-18 WORKOUT

Exercise 1	Exercise 2	Rest exercise
Partner Exercise		
 <p>Walkouts (50 Count Partner Total)</p>	 <p>Mountain Climbers (200 to each side – Partner)</p>	 <p>Front Plank 50 Count - Each (Continue until all groups done) (Last Group Starts Final 50)</p>
<p>Transition Run to South End of Soccer Field (Line up along the Line) (Hold Bridge Plank until all have arrived) (Last man starts final 30 Count Bridge Plank Hold)</p>		
Exercise 1	Exercise 2	Rest exercise
Individual Exercise		
 <p>Walking Lunge (Forward Lunge to Cone 1; Squats) (Reverse Lunge to Cone 2; Squats) (Forward Lunge to Cone 3; Squats)</p>	 <p>Body Weight Squat (20 Squats) (20 Squats, 30 Front Planks) (20 Squats)</p>	 <p>Front Plank until all arrive Side Plank Right Side Side Plank Left Side (50 Count to Each Side)</p>
<p>Transition Run Over Purgatory Hill (Modify if needed) (Partner Up at Bottom of Hill) (Hold Front Plank Until All have arrived) (Last Man Starts Final 50 Plank Count)</p>		

Exercise 1	Exercise 2	Rest Exercise
Partner Exercise		
 <p>Push-up Regular (200 Count Partner) (Switch at 50) (If Planking Double Count)</p>	 <p>Jump Squat (150 Count Partner)</p>	 <p>Bridge - Each (50 Count – Up Down - Each) (Last Group Starts Final Count)</p>
<p>Transition Run Back Over Purgatory Hill to Soccer Field Line-up on West Line, Hold Front Plank (Last Man Starts Final 50 Plank Count)</p>		
Exercise 1	Exercise 2	Rest Exercise
Individual Exercise		
 <p>Bear Crawl to Center 30 Count Plank</p> <p>Bear Crawl to Center 30 Count Plank</p>	 <p>Crab Crawl Back</p> <p>Crab Crawl Back 30 Count Plank</p>	 <p>Bird Dog (30 Count Holds to Each Side)</p> <p>(30 Count Holds to Each Side) (Last Man Starts Final Count)</p>
Exercise 1	Exercise 2	Rest Exercise
Individual Exercise		
 <p>High Knee to West Line</p>	 <p>Crunches (50 Count)</p>	 <p>Squat Hold (Last Man Starts 30 Count)</p>
<p>“No Man Left Behind” Transition Run to Church Around the Rectory</p> <p>If you make it to the Church, then double back to the end of the group until all have made it.</p>		