



FORMING SHEPHERDS ONE WORKOUT AT A TIME

2010-06-22 WORKOUT

Warm-up

Jumping Jacks – 25 reps in cadence

Arm circles – 10 reps forward/10 reps backwards in cadence

Squats—20 reps in cadence

Jog to RF of baseball field

Push ups – 10 in cadence

Toe to Toe walks – in cadence

Deep Squat --- 15 seconds

Head down plam to the ground—15 seconds.

Time goal: 7:10ish

Workout

Trinitys—Partner up

Cumulative—75 burpees/150 pushups/200 squat jumps

One partner runs to the top of the hill while other one is working on the total.

(7:25ish)

Jog to the soccer field (stations already set up)

Count off---groups of 4 with circuits at 4 corners.

Station 1: 20 pushups//10 Mountain climbers

Station 2: 10 (each) Help a shepherd out//20 high-knees (each leg)

Station 3: 10 walk-outs // 20 butt kicks (each leg)

Station 4: 20 Situps // 30 second plank

MODIFY AS NEEDED.

Time goal: 7:35ish

Possible jog back over purgatory hill or stay at soccer field

10 Knuckle-to-knuckle overhead touches—then bear crawl (5 reps)

Time goal: 7:45ish

Potential fillers/adjustments:

Bear crawl at soccer field.

Unity run at soccer field.

Lunges up and back

Head back to the Church