



FORMING SHEPHERDS ONE WORKOUT AT A TIME

2010-09-14 WORKOUT

Warm-up

In parking lot: Arm Circle 15 each way
Jumping Jacks 25
Pushups 15

Run to North Baseball Diamond, circle up in the outfield:
Squats 20
Plank Jacks 20
Run to base of Purgatory Hill

Workout

Stairway to Heaven

Cones are set up 1/4, 1/2, 3/4 and at top of hill. (about 30-35 paces apart, starting from the base of the hill)
Partner up

Step 1

Partner 1 runs to 1/4 cone & back while Partner 2 does Burpees
Swap roles

Step 2

Partner 1 runs to 1/2 cone & back while Partner 2 does Sit Ups
Swap roles

Step 3

Partner 1 runs to 3/4 cone & back while Partner 2 does Push Ups

Top Step

Partner 1 runs to top cone & back while Partner 2 does Lunges
Swap roles

Then ladder back down:

Partner 1 Runs to top cone while Partner 2 does Burpees, then swap
Partner 1 Runs to 3/4 cone while Partner 2 does Sit Ups, then swap
Partner 1 Runs to 1/2 cone while Partner 2 does Push Ups, then swap
Partner 1 Runs to 1/4 cone while Partner 2 does Lunges, then swap

Hold plank or help others run until all finished.

Jog over Purgatory Hill to baseball field (the one next to soccer field).

Touch 'em All

Four cones are set up in diamond shape about 30' apart in outfield of the baseball field.
Count off by 4s, each team goes to their respective station.
Station 1 sets the pace. Other teams repeat their exercises until relieved.

1. Station 1
 - a. Russian Twists (25)
 - b. High Knees (30 pairs)
 - c. Jumping Jacks (20)

Run to relieve team at Station 2

2. Station 2
 - a. Lunges Forward, Lunge Side, Lunge Back (6 cycles each leg)
 - b. Plank Shoulder-taps (15 each shoulder)

Repeat until Relieved, then run to relieve team at Station 3

3. Station 3
 - a. Push Ups (15)
 - b. Pike Situps, Big Boy Situps or Crunches (whatever you have left) (15)

Repeat until Relieved, then run to relieve team at Station 4

4. Station 4
 - a. Mountain Climbers (25)
 - b. Jump Squats (20)

Repeat until Relieved, then run to relieve team at Station 1

Jog to Soccer Field - line up on far (South) end line

End with Unity Sprints, then Jog to the Cross.