



FORMING SHEPHERDS ONE WORKOUT AT A TIME

2010-10-19 WORKOUT

Warm up in cadence:

- 25 Jumping jacks
- 20 Arm circles forward/reverse
- 10 Forward lunges, right leg
- 10 Forward lunges, left leg
- 10 Backward lunges, right leg
- 10 Backward lunges, left leg

Run to the baseball field

- Fence squats / Indian run – everyone holds a sitting squat while the last person runs the line of FSs to the end, then holds a sitting squat waiting for the others to run. This goes on for the length of the outfield fence.
- Partner up – one partner does the exercise while the other partner runs to the cone and back to relieve his partner and they switch. Partner 2 does the same exercise while partner 1 runs to the cone and back.
 - o Exercise 1 = burpees (3 sets)
 - o Exercise 2 = mountain climbers (3 sets)
 - o Exercise 3 = alternate feet forward lunges (3 sets)

Run to the bridge – trinity in cadence

- 20 squats
- 20 push ups
- 30 jumping jacks

Run to the hill - partners

- Trinities up the hill – one partner runs the hill to the cone and back while the other does the following exercises (3 trips each up the hill per exercise):
 - o Backward lunges (3 sets)
 - o Sit ups (3 sets)
 - o Squats (3sets)
 - o After all sets are completed – 30 second plank for all in cadence

Run to parking lot