



FIT SHEPHERDS

FORMING SHEPHERDS ONE WORKOUT AT A TIME

2010-12-07 WORKOUT

Exercise	Glorious Mysteries	Run Time	Duration	Transitions	Function
	Intro & Our Father	0:00:45	0:00:30	0:00:15	Welcome
Jog to Mary	Think About Intentions...	0:02:15	0:01:30	0:00:00	Warm up
	Silent Prayer Intentions	0:02:45	0:00:30	0:00:00	Pray
Jumping Jacks	Apostle's Creed	0:03:35	0:00:40	0:00:10	Warm up
Arm Circles	Our Father	0:04:05	0:00:20	0:00:10	
Squat Jacks	Faith - Hail Mary 1	0:04:35	0:00:20	0:00:10	
Lateral Lunges	Hope - Hail Mary 2	0:05:05	0:00:20	0:00:10	
Clap Jacks	Charity - Hail Mary 3	0:05:35	0:00:20	0:00:10	
Rest	Glory Be	0:05:55	0:00:10	0:00:10	Recover
Jog to Hill south side	The Ressurrection of our Lord	0:08:25	0:02:30	0:00:00	Cardio
Push Up - Regular	Our Father	0:09:00	0:00:25	0:00:10	Upper Body
	Hail Mary 1	0:09:15	0:00:15	0:00:00	
Rest	Hail Mary 2	0:09:30	0:00:15	0:00:00	Recover
Squats	Hail Mary 3	0:10:00	0:00:15	0:00:15	Legs
	Hail Mary 4	0:10:15	0:00:15	0:00:00	
Rest	Hail Mary 5	0:10:30	0:00:15	0:00:00	Recover
Plank	Hail Mary 6	0:11:00	0:00:15	0:00:15	Core
	Hail Mary 7	0:11:15	0:00:15	0:00:00	
Rest	Hail Mary 8	0:11:30	0:00:15	0:00:00	Recover
Snowboard Squat Jumps	Hail Mary 9	0:12:00	0:00:15	0:00:15	Legs
	Hail Mary 10	0:12:15	0:00:15	0:00:00	
Rest	Glory Be	0:12:26	0:00:11	0:00:00	Recover
	O My Jesus	0:12:37	0:00:11	0:00:00	
Run Over Hill Loop	Jesus Ascension into Heaen	0:15:07	0:02:30	0:00:00	Cardio
Push Up - Diamond	Our Father	0:15:42	0:00:25	0:00:10	Upper Body
	Hail Mary 1	0:15:57	0:00:15	0:00:00	
Rest	Hail Mary 2	0:16:22	0:00:15	0:00:10	Recover
Split Squat Lunge - Right	Hail Mary 3	0:16:52	0:00:15	0:00:15	Legs
Split Squat Lunge - Left	Hail Mary 4	0:17:07	0:00:15	0:00:00	
Rest	Hail Mary 5	0:17:22	0:00:15	0:00:00	Recover
Right Side Plank	Hail Mary 6	0:17:52	0:00:15	0:00:15	Core
Left Side Plank	Hail Mary 7	0:18:12	0:00:15	0:00:05	
Rest	Hail Mary 8	0:18:27	0:00:15	0:00:00	Recover
Supermans (flex or hold)	Hail Mary 9	0:18:57	0:00:15	0:00:15	Upper Body
	Hail Mary 10	0:19:12	0:00:15	0:00:00	
Rest	Glory Be	0:19:23	0:00:11	0:00:00	Recover
	O My Jesus	0:19:34	0:00:11	0:00:00	
Jog to Bridge	Descent of the Holy Spirit	0:22:34	0:03:00	0:00:00	Cardio
Push Up - Wide	Our Father	0:23:09	0:00:25	0:00:10	Upper Body
	Hail Mary 1	0:23:24	0:00:15	0:00:00	
Rest	Hail Mary 2	0:23:39	0:00:15	0:00:00	Recover
Leg Holds	Hail Mary 6	0:24:09	0:00:15	0:00:15	Core
	Hail Mary 7	0:24:24	0:00:15	0:00:00	
Rest	Hail Mary 8	0:24:39	0:00:15	0:00:00	Recover

Exercise	Glorious Mysteries	Run Time	Duration	Transitions	Function
Lunges - Right	Hail Mary 3	0:25:09	0:00:15	0:00:15	Legs
	Hail Mary 4	0:25:24	0:00:15	0:00:00	
Rest	Hail Mary 5	0:25:39	0:00:15	0:00:00	Recover
Lunges - Left	Hail Mary 9	0:26:09	0:00:15	0:00:15	Legs
	Hail Mary 10	0:26:24	0:00:15	0:00:00	
Rest	Glory Be	0:26:35	0:00:11	0:00:00	Recover
	O My Jesus	0:26:46	0:00:11	0:00:00	
Jog back and over Hill	The Assumption of Mary	0:32:16	0:05:30	0:00:00	Cardio
Push Up - Scapular	Our Father	0:32:51	0:00:25	0:00:10	Upper Body
	Hail Mary 1	0:33:06	0:00:15	0:00:00	Upper Body
Rest	Hail Mary 2	0:33:21	0:00:15	0:00:00	Recover
Leg Circles - Right	Hail Mary 3	0:33:51	0:00:15	0:00:15	Glutes
Leg Circles - Left	Hail Mary 4	0:34:11	0:00:15	0:00:05	Glutes
Rest	Hail Mary 5	0:34:26	0:00:15	0:00:00	Recover
Twists	Hail Mary 6	0:34:56	0:00:15	0:00:15	Core
	Hail Mary 7	0:35:11	0:00:15	0:00:00	Core
Rest	Hail Mary 8	0:35:26	0:00:15	0:00:00	Recover
Lying - Back Press Ups	Hail Mary 9	0:35:56	0:00:15	0:00:15	Upper Body
	Hail Mary 10	0:36:11	0:00:15	0:00:00	
Rest	Glory Be	0:36:22	0:00:11	0:00:00	Recover
	O My Jesus	0:36:33	0:00:11	0:00:00	
Jog to Statue of Mary	The Coronation of Queen Mary	0:39:33	0:03:00	0:00:00	Cardio
Partner Push Ups	Our Father	0:40:08	0:00:25	0:00:10	Upper Body
	Hail Mary 1	0:40:23	0:00:15	0:00:00	Recover
Help a Shepherd Up 1	Hail Mary 2	0:40:53	0:00:15	0:00:15	Total Body
	Hail Mary 3	0:41:08	0:00:15	0:00:00	
Help a Shepherd Up 2	Hail Mary 4	0:41:38	0:00:15	0:00:15	Total Body
	Hail Mary 5	0:41:53	0:00:15	0:00:00	
Rest	Hail Mary 6	0:42:08	0:00:15	0:00:00	Recover
Partner Sit Ups	Hail Mary 7	0:42:38	0:00:15	0:00:15	Core
	Hail Mary 8	0:42:53	0:00:15	0:00:00	
Rest	Hail Mary 9	0:43:08	0:00:15	0:00:00	Recover
Back-to-Back Wall Sits (w/ partners)	Hail Mary 10	0:43:38	0:00:15	0:00:15	Legs
	Glory Be	0:43:49	0:00:11	0:00:00	
	O My Jesus	0:44:00	0:00:11	0:00:00	
	Hail Holy Queen & Sign	0:44:36	0:00:36	0:00:00	
Jog to Church		0:45:21	0:00:45	0:00:00	Cardio

YouTube References:

[Body Weight Back](#)
[Glute](#)
[Squats](#)
[Cardio](#)
[Jacks](#)
<https://www.youtube.com/channel/UCh2w-xqEwSz96sbn2afbOVQ>