



FORMING SHEPHERDS ONE WORKOUT AT A TIME

2018-05-12 WORKOUT

Warm-Up

- Jumping jacks (about 12 in cadence);
- Push-ups (about 10-15 in cadence);
- Squats (about 10-15 in cadence);
- Lunge and knees (10 each leg)

Workout

Exercise 1: Different exercises around soccer field

From Parking lot, take a short jog to NE corner of soccer field. To the other goal line everyone does high knees. Side steps along the sideline (switch lead foot at mid field). Once you reach the SW corner one does frog jumps. After 3rd frog jump, one lays flat on the floor. Upon rising he does 3 more frog hops. Repeats until reach the other corner. Once at SE corner run backwards to mid field. Once at mid field turn in all out sprint to the beginning NE corner

Exercise 2: -- Mysterious Trinity

This is a partner exercise. The goal is to cumulatively -- that is, not individually -- perform 100 pushups, 200 crunches, and 300 squats. Partner 1 begins pushups while partner 2 sprints from one goal line to opposite goal line and back; then switches with partner...so partner 2 takes off running while partner 1 begins pushups. Once the partners reach 100 pushups combined (again, not individually); then they move to crunches. Once crunches are done, then squats. This takes awhile, (maybe 15 min)

The men that finish early need to be encouraged to help other men....or do a run around the soccer field, or hold sitting squat.

Run to Baseball field just West of soccer field for 3rd exercise.

Exercise 3 -- The Serpent

Break up into teams of 10-15. Everyone planks. One guy crawls under everyone else. Once that guy gets to end and begins planking, next guy crawls. You finish when everyone has crawled once. This can continue until team covers desired distance

Ab Exercises if time permits