



FORMING SHEPHERDS ONE WORKOUT AT A TIME

2018-06-02 WORKOUT

Name of Exercise

Response

In cadence

1. Warm Up

- Jumping jacks 20
- Leg kicks in place 10 each side
- Groiners with torso rotation hold for 5 count 3 each side
- Wide outs 20
- Sprint Strides 10 each side
- Push ups 15
- Squats 20
- Hockey Jumps 10 each side

2. One lap around soccer field

3. On soccer field: Break out into groups of 7

Set a cone every 10 yards (8 cones) Start at the 10 yard line

- In a line, each guy takes a turn to sprint to the first cone – 20 jumping jacks repeat every 10 yards
- In a line, each guy takes a turn to sprint to the second cone – 10 squats, repeat every 10 yards
- In a line, each guy takes a turn to sprint to the third cone – 20 second plank, repeat every 10 yards
- In a line, each guy takes a turn to sprint to the fourth cone – 10 single leg lunge right side, repeat every 10 yards
- In a line, each guy takes a turn to sprint to the fifth cone — 10 single leg lunge, left side, repeat every 10 yards
- In a line, each guy takes a turn to sprint to the sixth cone — 20 crunches, repeat every 10 yards
- In a line, each guy takes a turn to sprint to seventh cone – 10 mountain climbers each side
- In a line, each guy takes a turn to sprint to the 8th cone – hold a 20 second glute bridge

Break out into groups of 7:

- Each group lines up north to south with about two yards between each other
- Last guy in line starts to shuffle between each guy
- Next guy in line follows
- Continue until each group has traveled the length of the field