



FORMING SHEPHERDS ONE WORKOUT AT A TIME

2018-07-07 WORKOUT

- "Our Father"
- Disclaimer
- Warmup
 - o 10 jumping jacks (cadence)
 - o Arm Circles- 10 forward, 10 backward (cadence)
 - o 10 squats (cadence)
 - o Lap around the soccer field
- Workout
 - o Trinity's
 - Partner exercise- 100 push-ups, 200 crunches, 300 squats (team total)
 - While one partner is doing the exercises, other partner is doing lunges $\frac{1}{2}$ way across soccer field. Once team gets to squats, lunges change to high knees
 - o Catch me if you can burpees-
 - Groups of 8 or so. Run around soccer field. Last guy in line does 5 burpees then runs to front of line. Keep running around field until everyone has done 5 burpees (or certain amount of time).
 - o Full field suicides (partners)- down the long length of the soccer field. 3 per partner.
 - While one partner is doing their suicide, other partner is holding a plank