



FORMING SHEPHERDS ONE WORKOUT AT A TIME

2018-07-14 WORKOUT

- "Our Father"
- Sign waiver if you haven't
- I am not a professional. I don't know of any medical concerns or injuries you may have.

Modify as needed. Be safe

- Warm up (5 minutes)
 - o Jumping jacks in cadence
 - o Lunge and knees
 - o Arm circles
 - o High Knees
- Long Warm up run through purgatory hill (5 minutes)
- 4 Corners – partner up 5-6 pairs in each corner to start (timed activity- 22-25 minutes)
aim for 4-6 rounds Jog/recover the long lengths of the field, medium to fast pace the short length of the field.
- Corner #1- 30 mountain climbers in unison with partner
- Corner #2- 15 toe to toe sit ups high five partner in between each one
- Corner #3 – 10 partner push ups high five in between
- Corner#4- 10 squats in unison with partner
- As a group run back to the cross the long way through purgatory hill (5 minutes)