

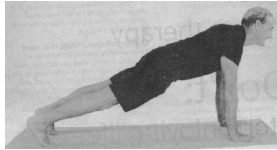


**FIT
SHEPHERDS**

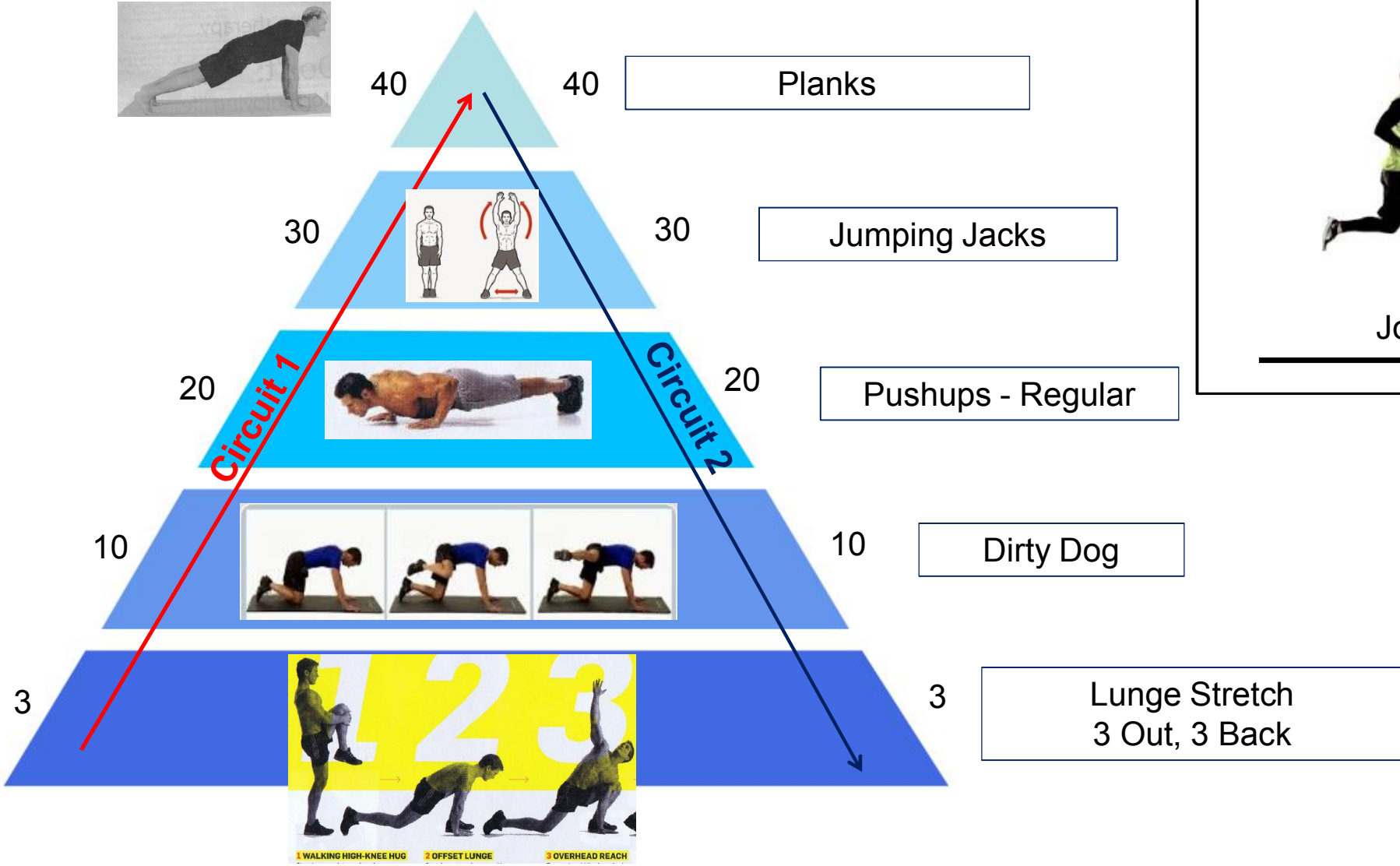
FORMING SHEPHERDS ONE WORKOUT AT A TIME

2018-09-22 WORKOUT

Warm-up



30 Second Rest



Transition



Jog



Lunge Stretch

Pyramid Warm-up – Level 1

Circuit 1: 3 Out, 3 Back

Circuit 2: 3 Out, 3 Back



Dirty Dog

Pyramid Warm-up – Level 2

Circuit 1: 10 Count to Each Side

Circuit 2: 10 Count to Each Side



Push-ups - Regular

Pyramid Warm-up – Level 3

Circuit 1: 20 Total

Circuit 2: 20 Total

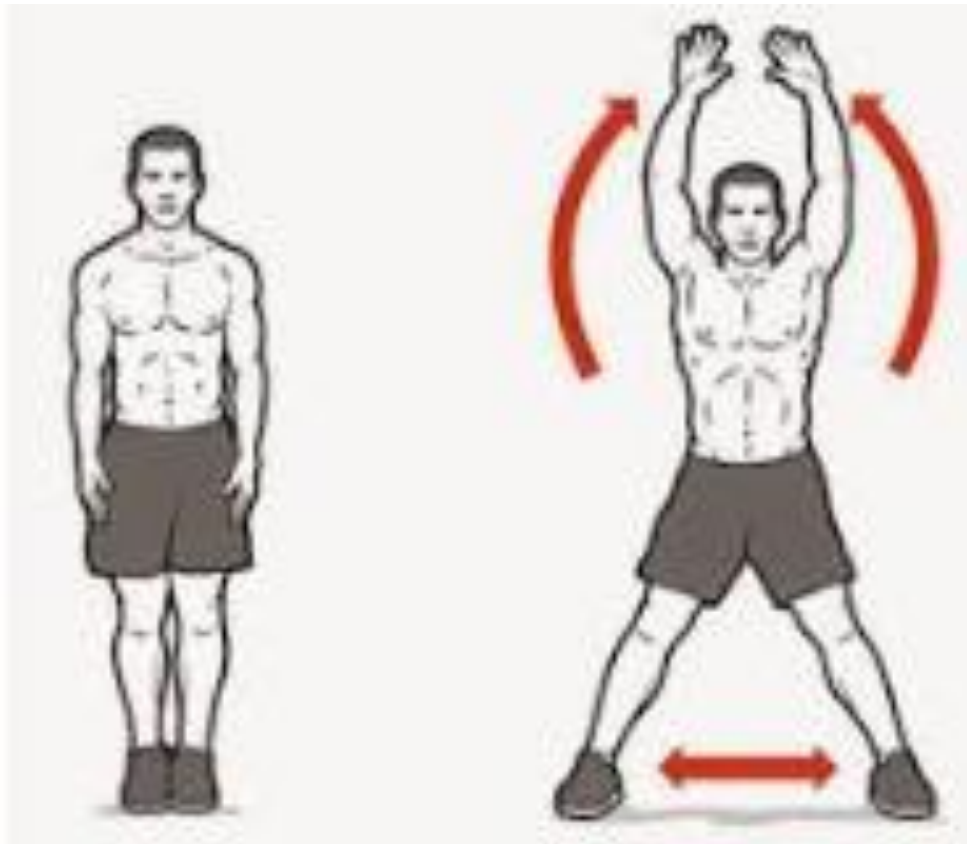


Jumping Jacks

Pyramid Warm-up – Level 4

Circuit 1: 30 Total

Circuit 2: 30 Total

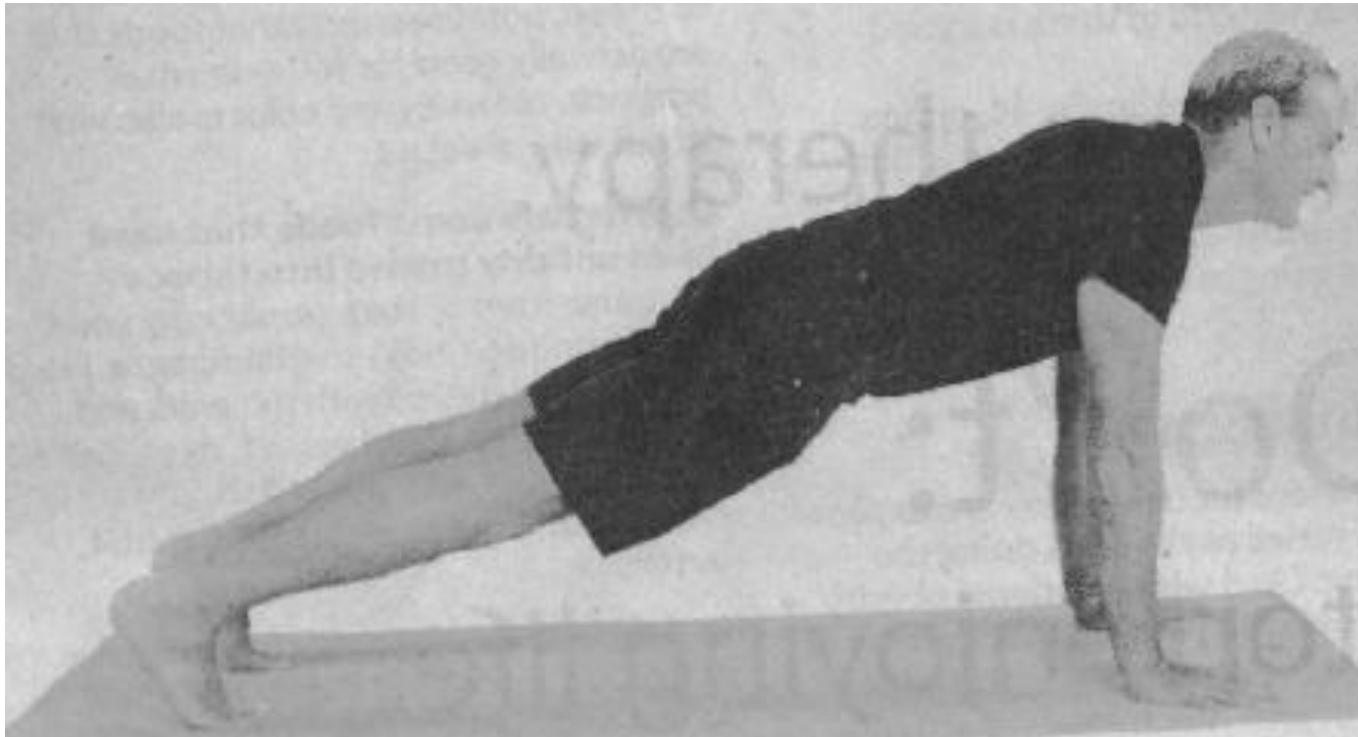


Planks

Pyramid Warm-up – Level 5

Circuit 1: 40 Count

Circuit 2: 40 Count



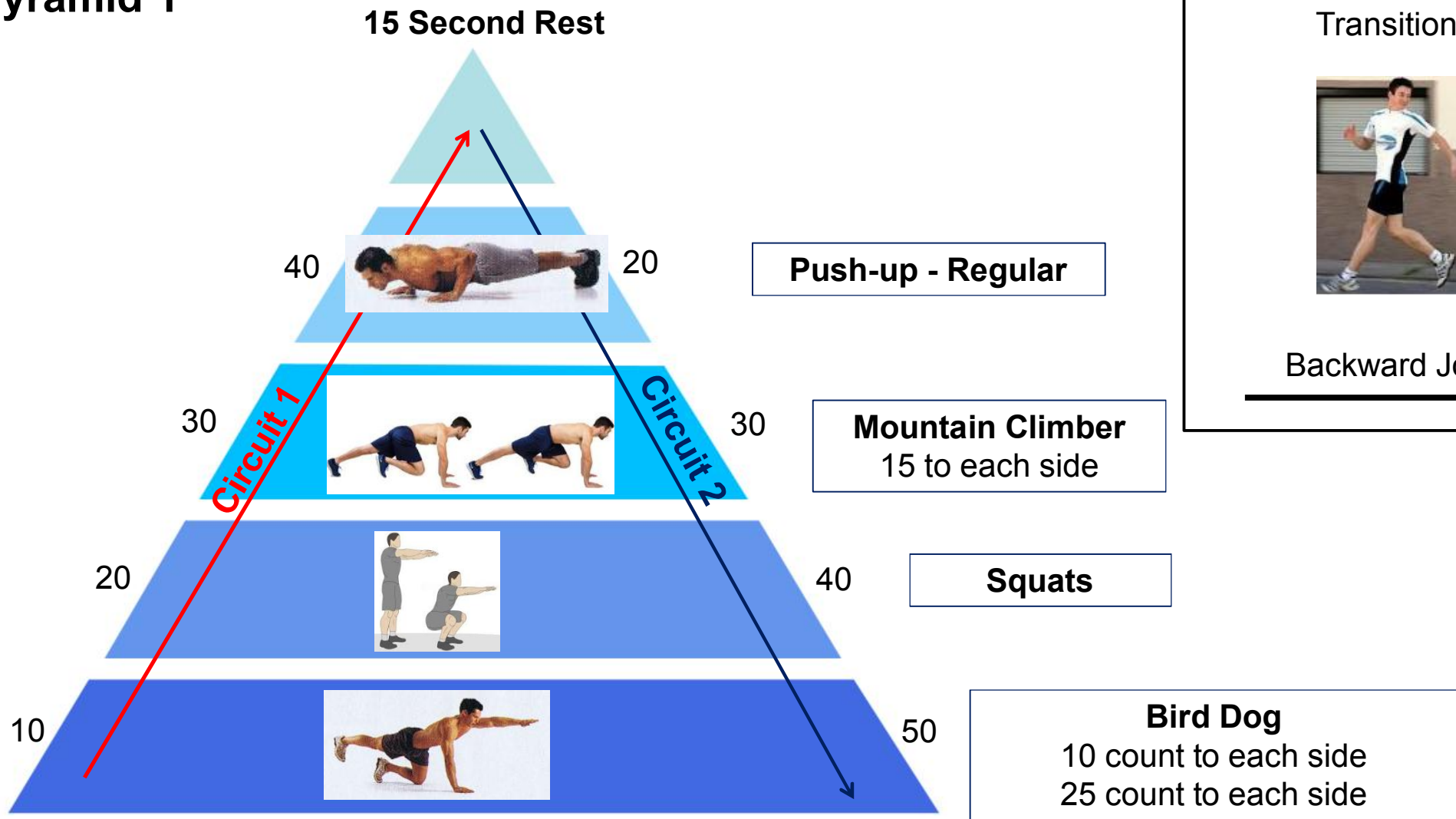
Transition

Pyramid Warm-up



Jog

Pyramid 1



Bird Dog

Circuit 1: 10 Count to Each Side

Circuit 2: 25 Count to Each Side

Pyramid 1 – Level 1

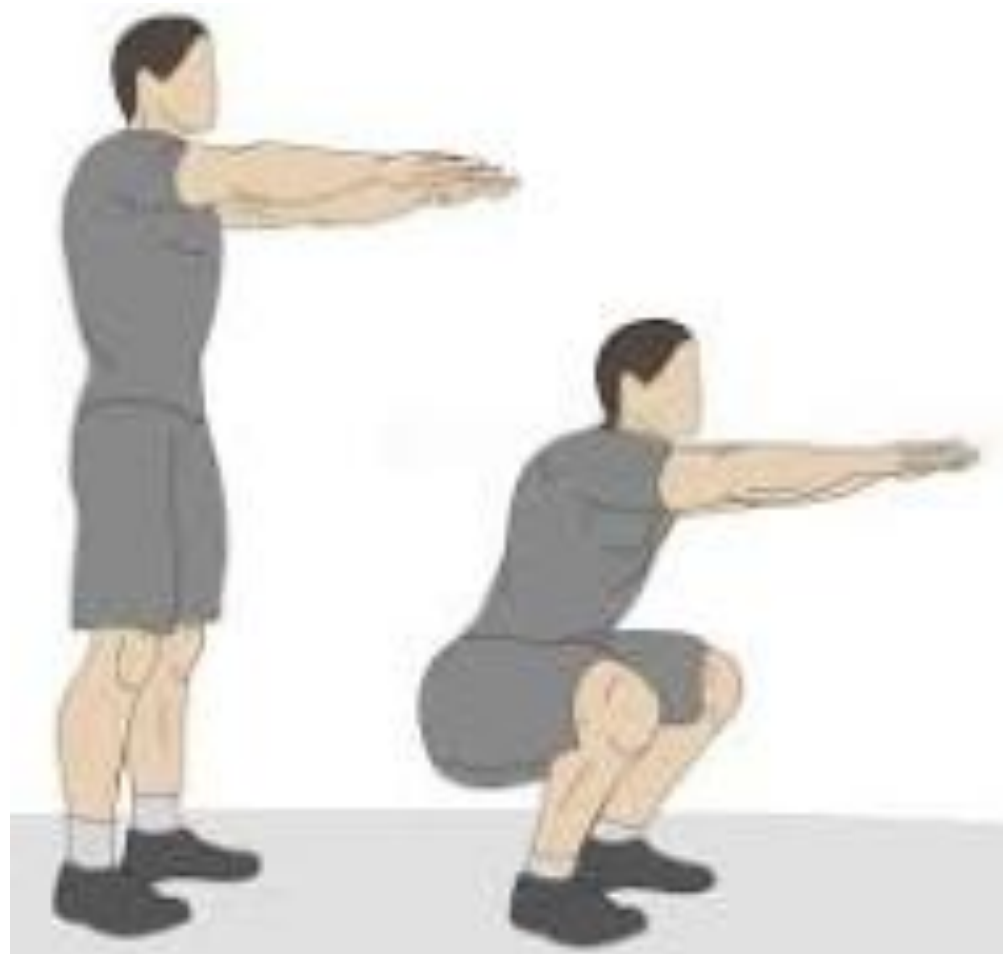


Squats

Pyramid 1 – Level 2

Circuit 1: 20 Count

Circuit 2: 40 Count



Mountain Climber

Circuit 1: 15 to Each Side

Circuit 2: 15 to Each Side

Pyramid 1 – Level 3



Push-up – Regular Arm

Pyramid1 – Level 4

Circuit 1: 40 Count

Circuit 2: 20 Count



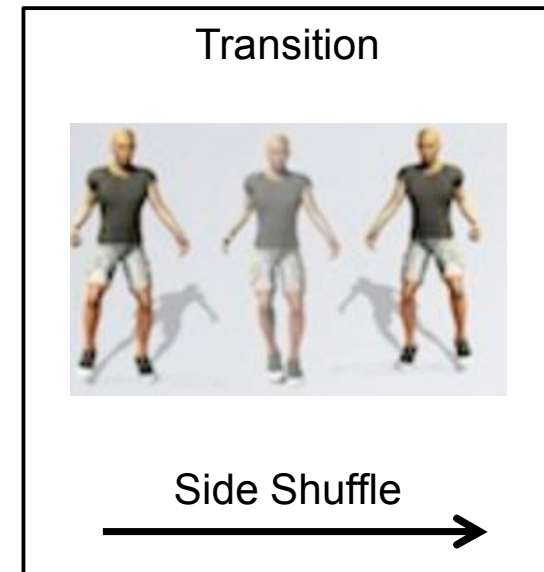
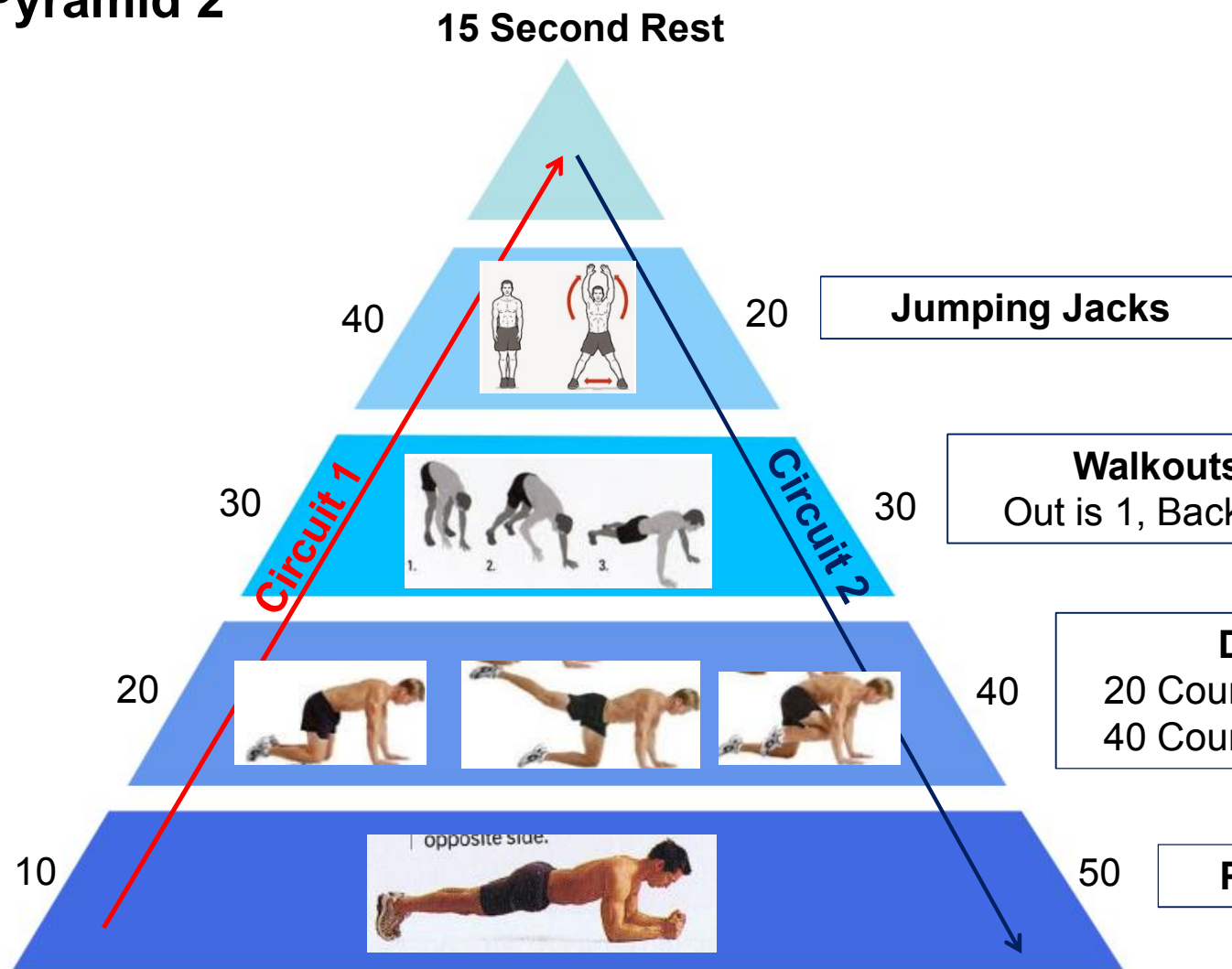
Transition

Pyramid 1



Backward Jog

Pyramid 2



Plank

Circuit 1: 10 Count Total

Circuit 2: 50 Count Total

Pyramid 2 – Level 1



Donkey Kick

Pyramid 2 – Level 2

Circuit 1: 20 Total – 10 to Each Side

Circuit 2: 40 Total – 20 to Each Side



Walkouts

Pyramid 2 – Level 3

Circuit 1: 30 Total – Out is 1, Back is 2

Circuit 2: 30 Total – Out is 1, Back is 2

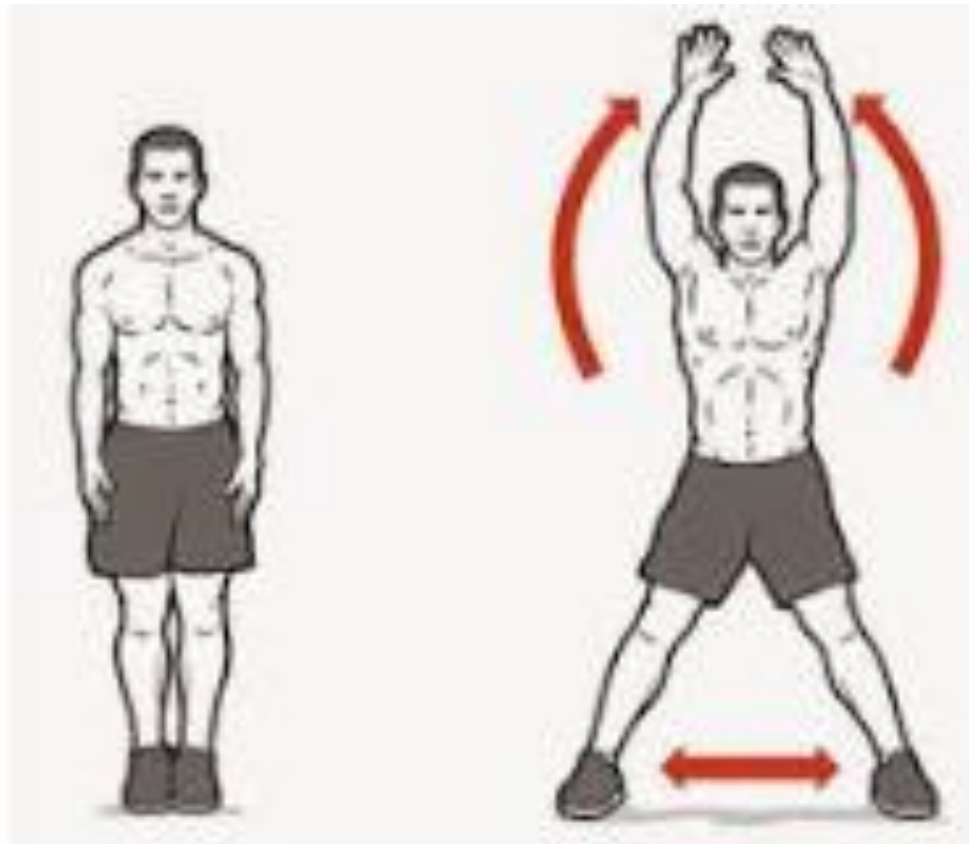


Jumping Jacks

Pyramid 2 – Level 4

Circuit 1: 40 Total

Circuit 2: 20 Total



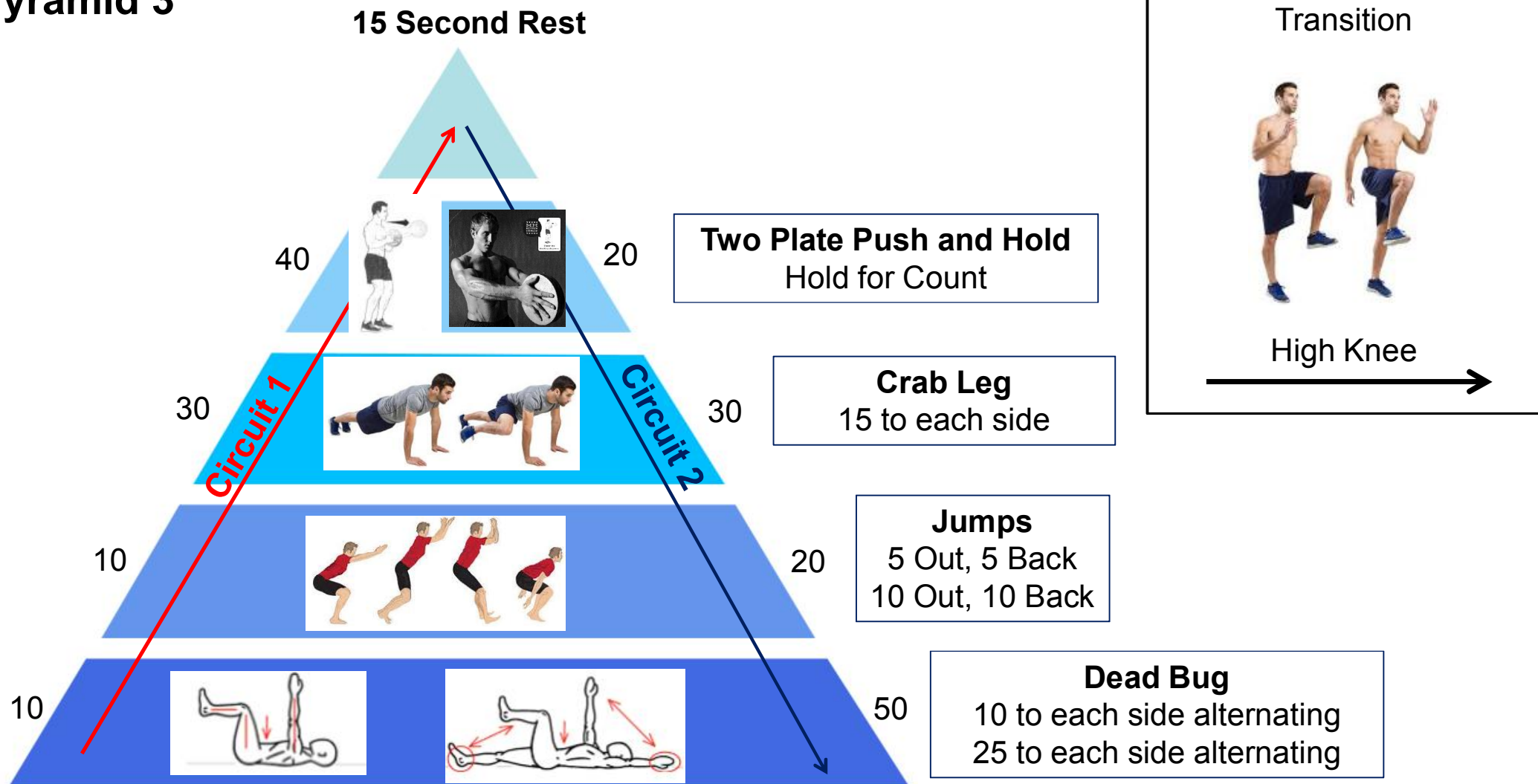
Transition

Pyramid 2



Side Shuffle

Pyramid 3



Dead Bug

Pyramid 3 – Level 1

Circuit 1: 10 to Each Side, Alternating

Circuit 2: 25 to Each Side, Alternating



Jumps

Pyramid 3 – Level 2

Circuit 1: 5 Out, 5 Back

Circuit 2: 10 Out, 10 Back



Crab Leg

Pyramid 3 – Level 3

Circuit 1: 15 to Each Side Alternating

Circuit 2: 15 to Each Side Alternating

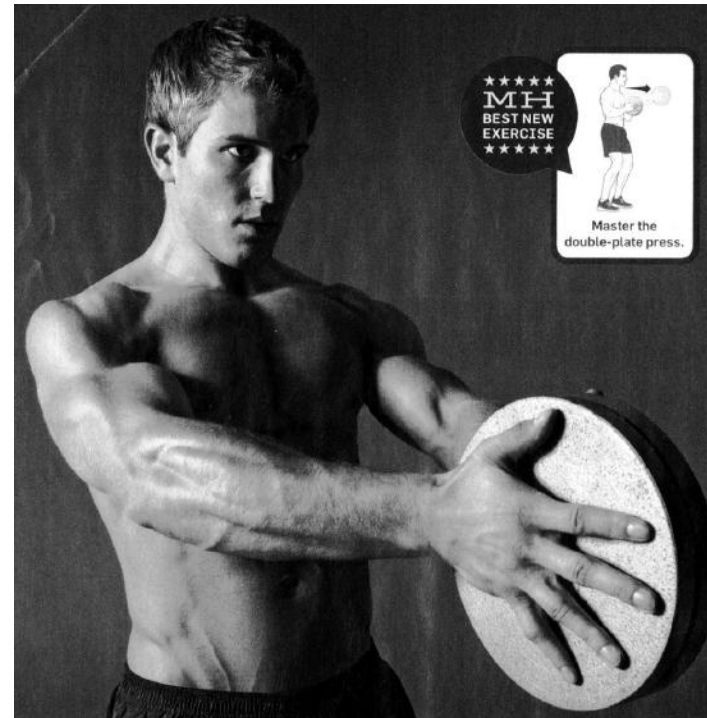


Two Plate Hold

Pyramid 3 – Level 4

Circuit 1: Push Out and 40 Count Hold

Circuit 2: Push Out and 20 Count Hold



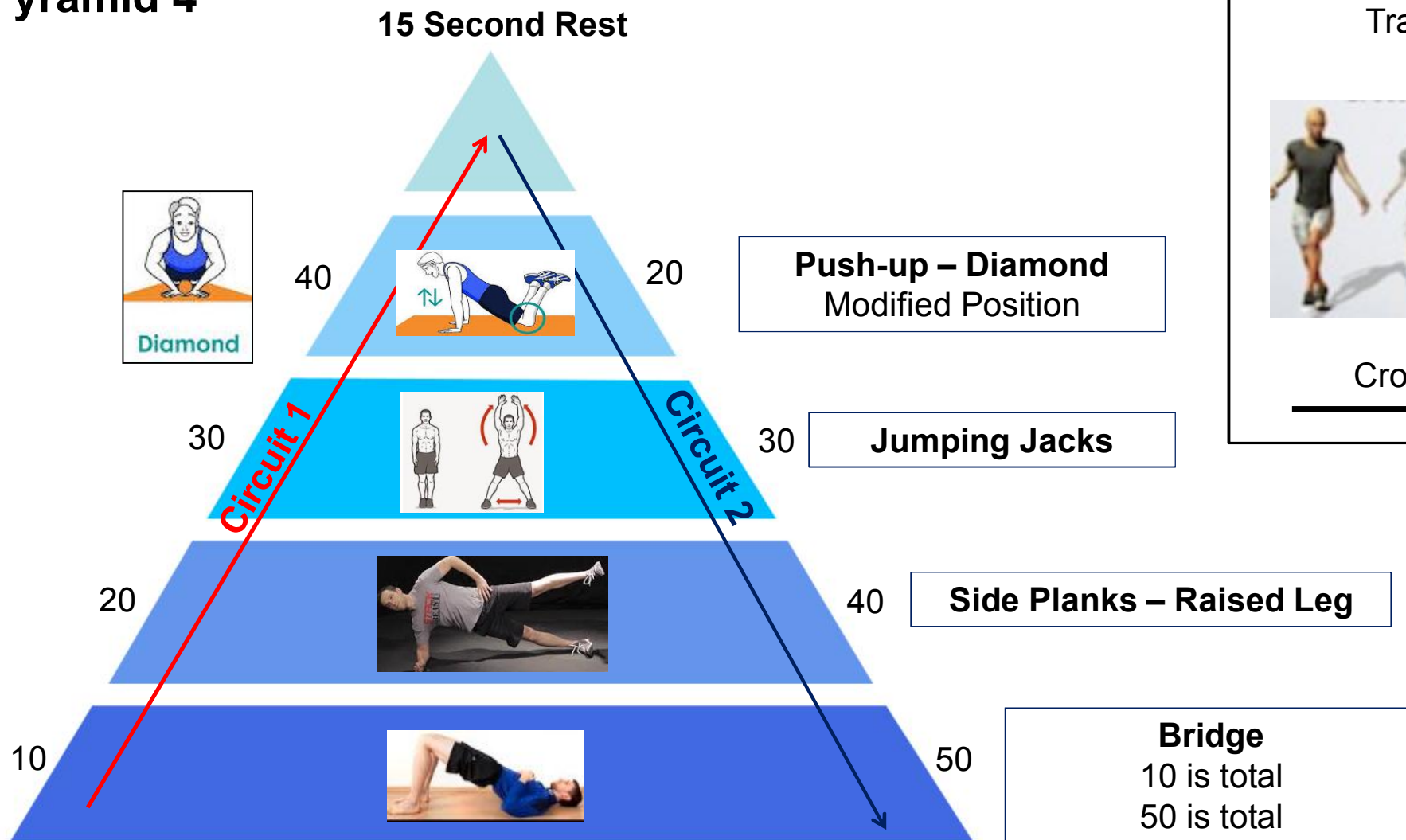
Transition

Pyramid 3



High Knee

Pyramid 4



Bridge

Pyramid 4 – Level 1

Circuit 1: 10 is total, Up and Down is 1 Count

Circuit 2: 50 is total, Up and Down is 1 Count



Side Planks – Raised Leg

Pyramid 4 – Level 2

Circuit 1: 20 Count

Circuit 2: 40 Count

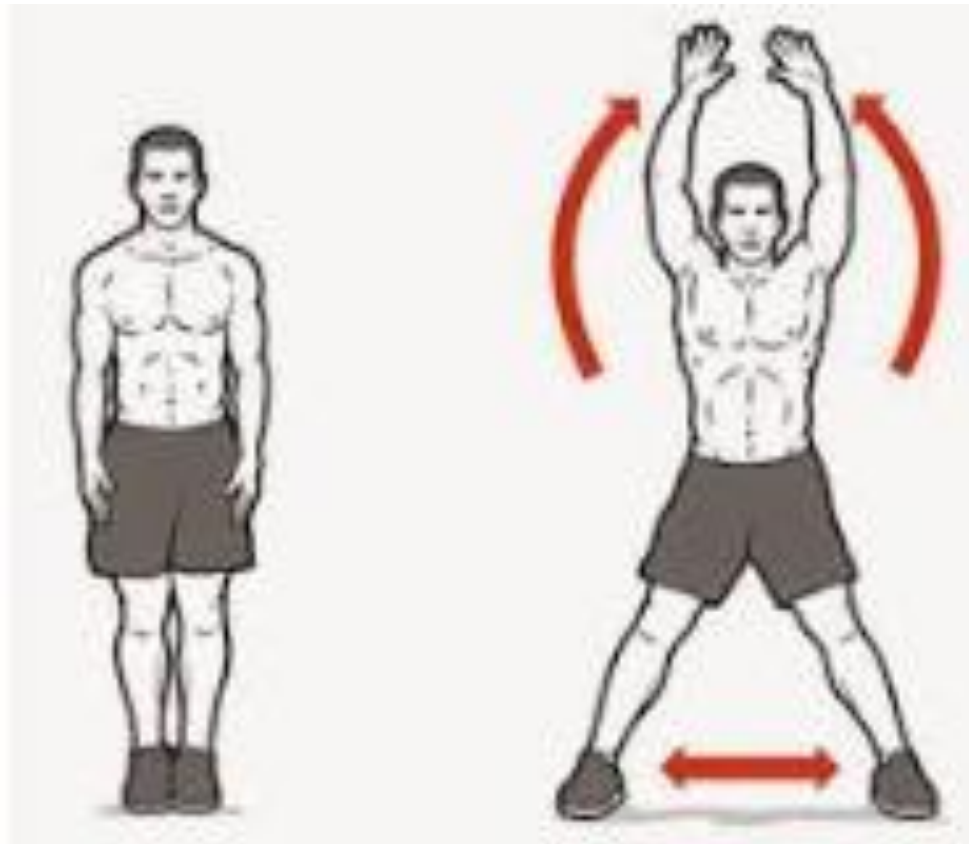


Jumping Jacks

Pyramid 4 – Level 3

Circuit 1: 30 Total

Circuit 2: 30 Total



Push-up - Diamond

Pyramid 4 – Level 4

Circuit 1: 40 Total – Modified Position

Circuit 2: 20 Total – Modified or Normal Position



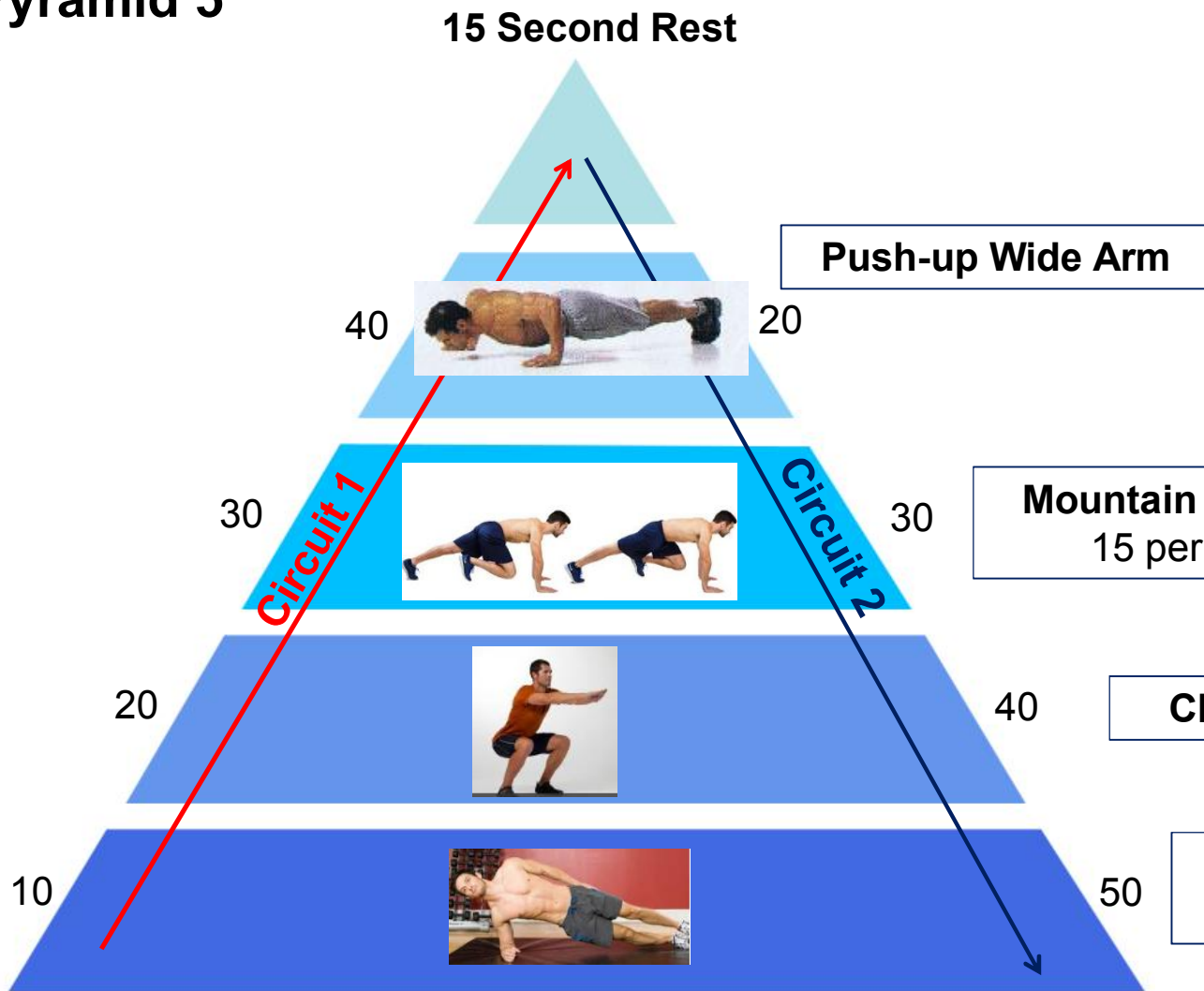
Transition

Pyramid 4



Crossovers

Pyramid 5



Push-up Wide Arm

Mountain Climber
15 per side

Chair Hold

Side Planks
Count is to each side

Transition

Straight / Side Lunges

Side Planks

Pyramid 5 – Level 1

Circuit 1: 10 Total to Each Side

Circuit 2: 50 Total to Each Side



Chair Hold

Pyramid 5 – Level 2

Circuit 1: 20 Count Hold

Circuit 2: 40 Count Hold



Mountain Climber

Circuit 1: 15 to Each Side

Circuit 2: 15 to Each Side

Pyramid 5 – Level 3



Push-up – Wide Arm

Pyramid 5 – Level 4

Circuit 1: 40 Total

Circuit 2: 20 Total



Transition

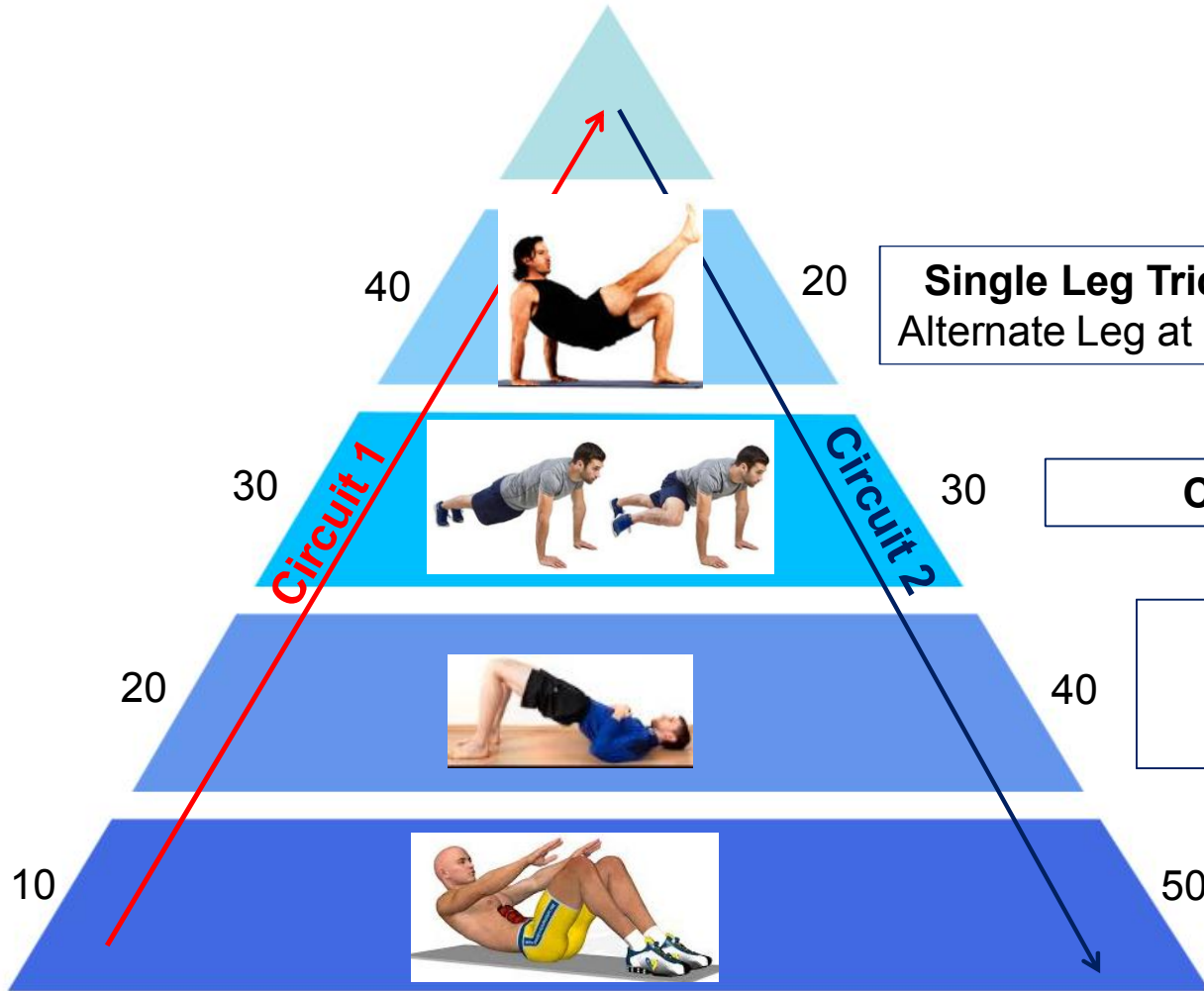
Pyramid 5



Straight / Side Lunges – Alternating Left Side Right Side

Pyramid 6

15 Second Rest



Single Leg Tricep Dip
Alternate Leg at 10 Count

Crab Leg

Bridge
20 is total
40 is total

Crunches
10 includes hold at top



Crunches

Pyramid 1 – Level 1

Circuit 1: 10 Total with a 1 count hold

Circuit 2: 50 Total



Bridge

Pyramid 6 – Level 2

Circuit 1: 20 is total, Up and Down is 1 Count

Circuit 2: 40 is total, Up and Down is 1 Count



Crab Leg

Pyramid 6 – Level 3

Circuit 1: 15 to Each Side Alternating

Circuit 2: 15 to Each Side Alternating

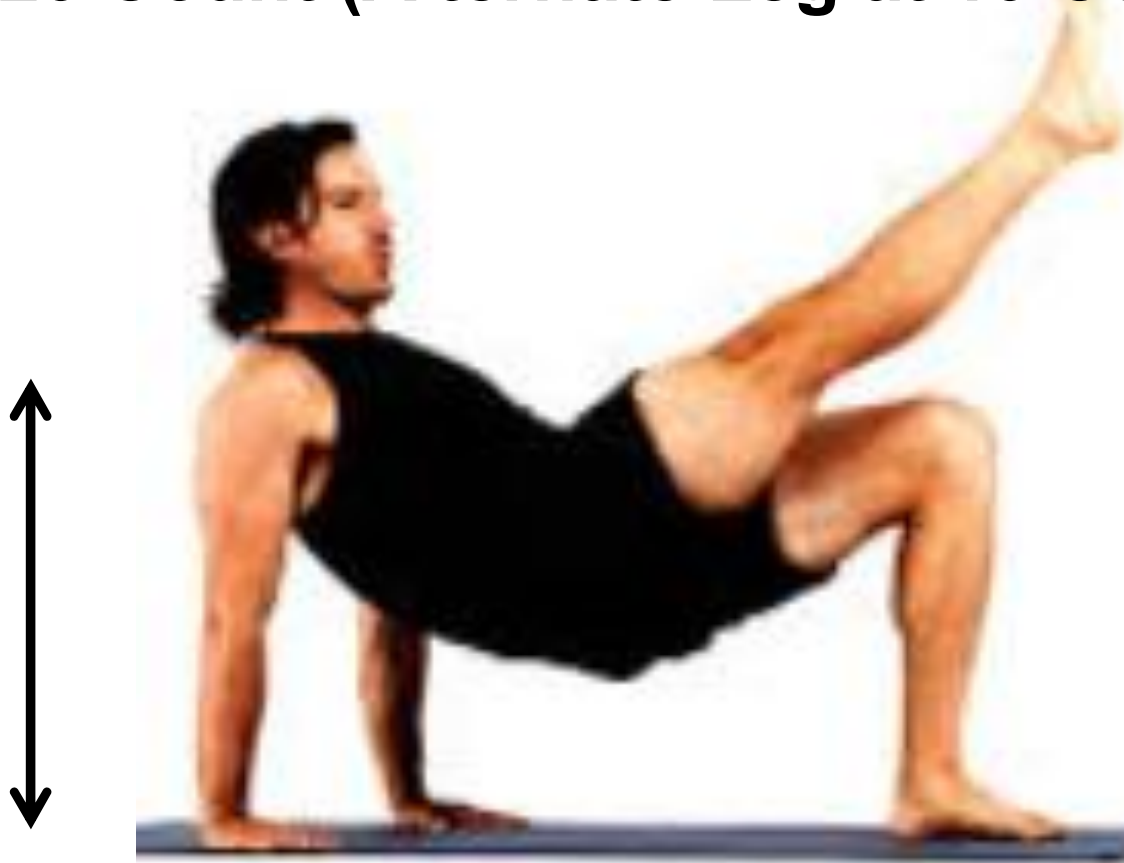


Single Leg Tricep Dip

Pyramid 6 – Level 4

Circuit 1: 40 Count (Alternate Leg at 10 Count)

Circuit 2: 20 Count (Alternate Leg at 10 Count)



Transition

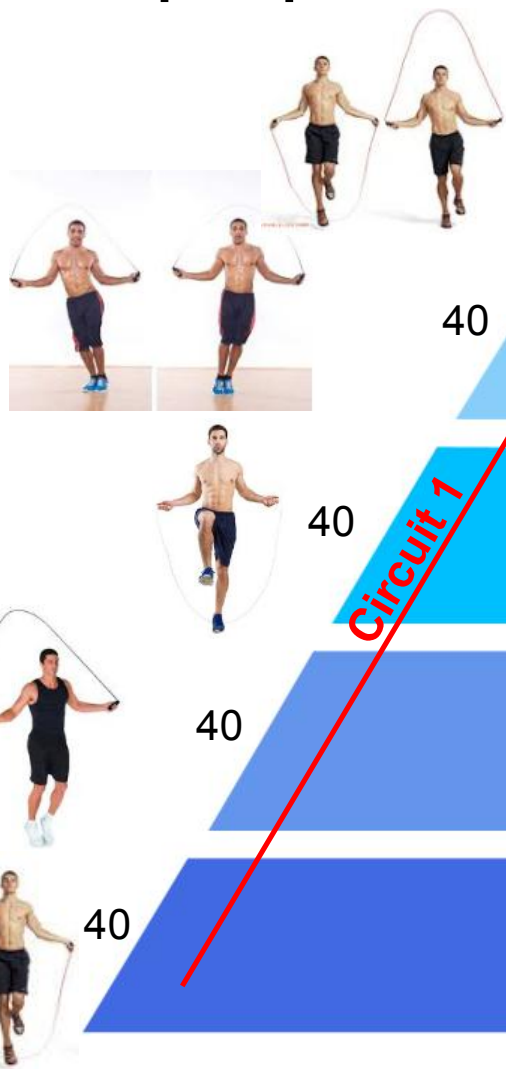
Pyramid 6



Jog

Jump Rope

15 Second Rest



Alternating Feet

5 steps to each side, switch

2 Footed Side Jumps

40 is total

High Knees

2 Footed Jump

Alternating Feet

40 is total count

Transition



Jog

Alternating Feet

Pyramid Jump – Level 1

Circuit 1: 40 Total Count (Left, Right, Left, Right, etc.)

Circuit 2: 40 Total Count (Left, Right, Left, Right, etc.)



2 Footed Jump

Circuit 1: 40 Total Jumps

Circuit 2: 40 Total Jumps

Pyramid Jump – Level 2



High Knees

Pyramid Jump – Level 3

Circuit 1: 40 Total Jumps, 20 to each side

Circuit 2: 40 Total Jumps, 20 to each side



2 Footed Side Jumps

Pyramid Jump – Level 4

Circuit 1: 40 Total Jumps – 20 to each side alternating

Circuit 2: 40 Total Jumps – 20 to each side alternating

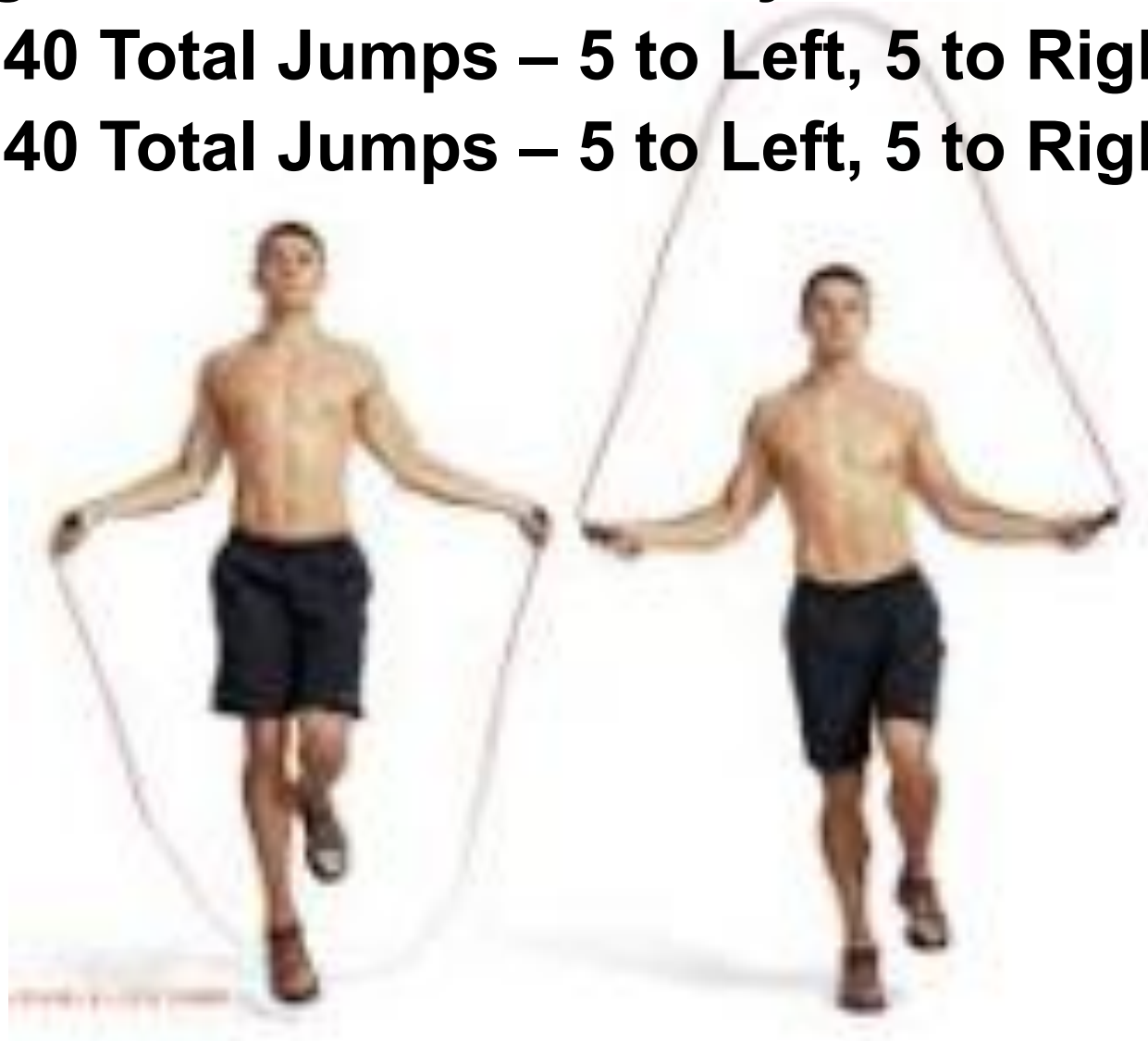


Alternating Feet

Pyramid Jump – Level 6

Circuit 1: 40 Total Jumps – 5 to Left, 5 to Right, etc.

Circuit 2: 40 Total Jumps – 5 to Left, 5 to Right, etc.



Pyramid Jump Rope

Transition



Jog