



FORMING SHEPHERDS ONE WORKOUT AT A TIME

2018-11-28 WORKOUT

BY MIKE BICKEL

THEME: VETERANS, MILITARY, FIRST RESPONDERS, FAITHFUL DEPARTED

OUR FATHER

WARM UP:

- 30 JUMPING JACKS IN CADENCE
- 20 LUNGES IN CADENCE
- 20 MOUNTAIN CLIMBERS IN CADENCE
- 10 FORWARD ARM CIRCLES
- 10 BACKWARD ARM CIRCLES

RUN TO PURGATORY HILL

PAIR UP – ONE PARTNER RUNS UP HILL AROUND AMERICAN FLAG AND BACK DOWN HILL; SIMULTANEOUSLY OTHER PARTNER BEGINS WITH PUSH-UPS AT THE BOTTOM OF THE HILL. WHEN FIRST PARTNER RETURNS SECOND PARTNER TELLS HIM HOW MANY REPS HE'S DONE AND RUNS UP THE HILL WHILE FIRST PARTNER CONTINUES WITH PUSH-UPS. THIS PROCESS WILL CONTINUE UNTIL EACH PAIR HAS COMPLETED THE FOLLOWING:

- 200 PUSH UPS
- 200 SIT UPS
- 100 BURPEES
- 100 SQUATS

IF YOU COMPLETE YOUR EXERCISES BEFORE ALL PAIRS HAVE FINISHED, DO CONTINUOUS PLANKS AND / OR LUNGES.

RUN TO SOCCER FIELD

ALL FIT SHEPHERDS LINE UP ON GOAL LINE AND RUN EIGHT SETS OF UNITY SPRINTS

RUN TO THE CROSS