



FORMING SHEPHERDS ONE WORKOUT AT A TIME

2010-07-06 WORKOUT

I am not a professional. I have no knowledge of any injuries or medical concerns you may have. *Modify* as needed. If something doesn't feel safe, don't do it. Know your limits.

Warm-up

Jumping Jacks – 25 reps in cadence

Arm circles – 10 reps forward/10 reps backwards in cadence

Forward/drop Lunges—20 reps each, alternating legs in cadence

Jog to soccer field – high knees, rear knees, skip jump, bounding (x2)

Jog to sand volleyball courts – run up, karaoke across, backwards run, karaoke across (x2)

Time goal: 7:15ish Workout

Workout

Trinity's —Partner up

Pyramid Cumulative—50 burpees/100 pushups/150 squat jumps/50 pushups/25 burpees

One partner runs to each successive cone on the hill while other one is working on the total. (7:25ish)

Jog over Purgatory Hill

Behind baseball fields

Partner pushupsx10 (slap hands)/partner sit-upsx15 (knuckles)/Help a Shepherd upx10

MODIFY AS NEEDED.

Time goal: 7:35ish

Possible jog to soccer field

Crab walk to 18 yard line, run back (partner plank)

Bear crawl to 18 yard line, run back (partner plank)

Time goal: 7:45ish

Potential fillers/adjustments:

Unity run at soccer field.

Lunges up and back Head back to the Church