

# ALL-STAR WORKOUT BONUS

## *Workout Instructions* - No Hands Derby Workout

**Workout Focus:** Lower body only, no touching the ground required!

**You Need:** a stopwatch or interval timer app

**Suggested Warmup:** 20x half squats | 20x wall push-ups | 20x good mornings | 20 x full squats | 25 jumping jacks

### **No Hands Workout:**

Part 1: Low impact | Rest 30 seconds

Part 2: Plyometric | Optional: Repeat part 2

Cool down & stretch

**Part 1:** Between each exercise below, do 30 seconds of side lunges, alternating sides

10 Squat pulses

10 Forward Leanover lunges, each side

10 Sumo Squats

30 seconds of Duck Walks

**Part 2:** Between each exercise below, do 30 seconds of skater strides

10 Squat Jumps

20 Lunge Jumps (total)

10 Sumo Squat Jumps

30s of Frog Jumps, forward and backward

**Finish:** Cool Down + stretch.

Original post located at: [www.rollerderbyathletics.com/no-hands-workout](http://www.rollerderbyathletics.com/no-hands-workout)

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