

ALL-STAR WEEKLY WORKOUT

Workout Instructions - 23 November 2014

Workout Focus: Strength, Core

You Need: A mat

Suggested Warmup: 20x half squats | 20x wall push-ups | 20x good mornings | 20 x full squats | 20 walking lunges | 10 squat jumps

Stability training: Included in the workout (bridges, side lifts, lunge twists)

All-Star Staying Strong Workout:

10 Push-Ups
20 Bicycles (slow!)
10 One-leg bridges each side
10 Chair Squats each side
20 Side lifts R
10 Walking Push-Ups
20 Side lifts L
20 Lunge Twists (alternate sides)

Repeat all for a second round!

Finish:

Full body stretch!

Notes:

Suggestions for making this easier: Do a single round; reduce the number of reps; do standard bridge instead of one-leg; do regular squats instead of chair squats.

Suggestions for making this harder: Do an extra round, or increase the number of reps for each exercise; do single-leg push-ups; add a plate, medicine ball, or dumbbell to the lunge twists.

Original post located at: <http://rollerderbyathletics.com/all-star-staystrong/>

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