

ALL-STAR WEEKLY WORKOUT

Workout Instructions - 23 August, 2015

Workout Focus: Powerful legs + endurance

You Need: A timer, a sturdy chair. Mat optional.

Suggested Warmup: 25 Jumping jacks | 20x half squats | 20x wall push-ups | 20x good mornings | 20 x full squats | 20 walking lunges | 10 squat jumps | 30 High knees

All-Star Rocket Legs Workout:

Perform each exercise for 60 seconds. Rest 30s, then go to the next move:

Skater Jump + Hops

Chair Step Up L

Chair Step-Up R

Spidermans

-- Rest 2-3 minutes --

Chair Step Up Double-time - 30s each leg

Heismans

Chair Squats - 30s each leg

Lunge Jumps

-- Rest 2-3 minutes --

Finish with one set each:

30 Bicycles, alternating

30 Scissors (from Ab-leg lifts video), alternating

Stability training: 60s each side of 1 foot balance with eyes closed.

Cool Down: Light jog, march, or jumping jacks for 3-5 minutes. Stretch!

Notes:

Suggestions for making this easier: Reduce work time to 45s or 30s; Replace double-time chair step-ups in the second set with skater strides; replace chair squats with one leg squats (no chair).

Suggestions for making this harder: Reduce rest time to 15s; Replace chair step-ups in the first round with a chair step-up and crossunder lunge combo; Add a 30s set of burpees after each set shown above.

