

# ALL-STAR WEEKLY WORKOUT

*Workout Instructions* - 13 December, 2015

**Workout Focus:** Legs & Cardiooooo!

**You Need:** A timer, a chair or bench, and a smile :)

**Suggested Warmup:** 25 jumping jacks | 20 wall push-ups | 20 half squats | 10 arm circles each direction | 30s of bridges | 10 calf raises each side | 20 walking lunges

## **All-Star Dasher & Prancer Workout:**

Repeat this entire sequence through two times!

20 Snow Dashers (aka Mountain Climbers!) count each side as 1.  
60s Chair Squats L  
20 Snow Dashers  
60s Chair Squats R  
20 Snow Dashers  
60s Burpees

- rest 1-3 minutes

20 Prancers (aka High Knees!) count both knees up as 1.  
60s Cross-under squats R  
20 Prancers  
60s Cross-under squats L  
20 Prancers  
60s Lunge Jumps

**Stability training:** 45s side plank, each side!

**Finish:** Stretch!

## **Notes:**

**Suggestions for making this easier:** Reduce the work interval to 30 or 45 seconds. Do chair squats with two legs. Swap forward leanover lunges instead of lunge jumps.

**Suggestions for making this harder:** Increase all 'Dashers' and 'Prancers' to 30 reps; do 3 sets; add dumbbells to chair squats and cross-under squats.

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

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