

ALL-STAR WEEKLY WORKOUT

Workout Instructions - 9 October, 2016

Workout Focus: Full Body, Endurance

Intensity Level: Intense

You Need: a chair; a timer or stopwatch

Suggested Warmup: 50 jumping jacks | 20x half squats | 20x wall push-ups | 20x good mornings | 20 x full squats | 20 walking lunges | 20 arm circles each direction.

All-Star Turkey Trot Workout:

Choose your interval ratio - 1:1 (30s:30s), 2:1 (40s:20s), 3:1 (45s:15s) or 4:1 (50s:10s)

High Knees
Frog Jumps
Mountain Climbers
Skater Strides
Chair Step Up + Overs

Rest 1 minute; repeat for 2 to 4 total rounds!

Stability training: none today!

Finish: Cool down with 3-5 minutes of jogging or walking. Stretch your calves and anything else you like!

Notes:

Suggestions for making this easier: Swap squat jumps instead of frog jumps. Choose a lower work:rest ratio.

Suggestions for making this harder: Swap burpees for skater strides. Choose a higher work:rest ratio.

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

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