

ALL-STAR WEEKLY WORKOUT

Workout Instructions - 15 October, 2016

Workout Focus: Full Body, Endurance

Intensity Level: Intense

You Need: 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.

The Power Jam Workout:

Do each exercise or combo for 90 seconds, then rest for 30 seconds.

3 Squat jumps + 3 Forward leanover lunges

Burpees

10 Mountain climbers + 2 pushups

5 Jumping jacks + 20 High knees

Skater Jumps

Repeat all! (2 Rounds total)

Stability training: Cool down with 60s of Bird Dogs.

Finish: Try the "How to Stretch Everything in 8 Minutes" video!

Notes:

Suggestions for making this easier: Reduce work time to 60s; elevate your hands for mountain climbers/push-ups; swap Skater Strides instead of Skater Jumps.

Suggestions for making this harder: Increase work time to a full 2 minute jam / 30s rest

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

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