

# ALL-STAR WEEKLY WORKOUT

*Workout Instructions* - 23 October, 2016

**Workout Focus:** Full Body, Endurance

**Intensity Level:** Moderate or Intense

**You Need:** a timer or stopwatch, step/bench/chair. OPTIONAL: dumbbells, skipping rope.

**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 OR the Super Quick Warm-Up Routine.

## All-Star "Cardio Circuit Situation" Workout:

Choose your cardio interval: skipping rope, jumping jacks, jogging, fast walk, bike, or stairs  
Strength circuit items are listed where applicable as: [weighted option | weight-free option]

2 minutes Cardio of choice

20 Squat Thrusts | 20 Squat jumps (no-impact version: Squats with or without weight)

10 Push-ups

20 Standing vertical dumbbell rows | 10 Bench Dips

--> Repeat circuit for three rounds total

2 minutes Cardio of choice

20 Ab-leg lifts

16 Step-ups each leg with dumbbells | without weight

10 Step-back lunges with dumbbells or barbell | without weight (=10 each leg)

--> Repeat circuit for three rounds total

**Stability training:** 30s plank each: front, each side.

**Finish:** Cool down with "How to Stretch Everything in 8 Minutes"

**Notes:** Optional weight suggestions: Squat Thrusts: 2x 10-15# dumbbells; Standing rows: same, or barbell; Step-Ups: 2x 15-25# dumbbells; Lunges: 2x 15-25# dumbbells or equivalent barbell on shoulders.

**Suggestions for making this easier:** Choose low/no-impact cardio and weight-free options; reduce reps and/or do fewer circuits

**Suggestions for making this harder:** Choose weighted options; try skipping with double-unders; increase cardio time to 3 minutes; add circuits.

Original post located at: <http://rollerderbyathletics.com/all-star-cardio-circuit-situation>

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