

ALL-STAR WEEKLY WORKOUT

Workout Instructions - 23 April, 2017

Workout Focus: Core, Strength

Intensity: Moderate

You Need: Just a mat!

Suggested Warmup: Activate your TVA (3x 8), 20 wall push-ups, 30s Bear Crawls, 20 walking lunges, 20 Good Mornings, 20 Squats, 10 Squat jumps.

All-Star Core & More Workout

All reps are listed as total!

*Cardio

6 Prisoner Get-Ups, alternating

*Cardio

20 Praying Mantis Planks, alternating

*Cardio

20 Scissors

*You'll do three rounds. Each round has a different "Cardio" move which you'll repeat between each core exercise in that round: Round one is 5 half-burpees (no push-up); for Round two, do 60 high knees each time; in Round three it's 30 Spidermans each.

Stability training:

All included above!

Finish:

Side Plank: 2x 30s each side. Choose your most challenging version (check the video!)

Notes: Remember to use your strong, engaged core throughout the cardio exercises!!

To make this easier: Use modified versions for each exercise as shown in the linked video for each.

To make this harder: Add reps!

Original post located at: <http://rollerderbyathletics.com/all-star-core-n-more>

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