

ALL-STAR WEEKLY WORKOUT

Workout Instructions - 30 April, 2017

Workout Focus: Endurance, Power, Full Body

Intensity: Intense or Moderate

You Need: Stopwatch, bench/chair/box

Suggested Warmup: 20x wall push-ups | 20x good mornings | 20 walking lunges | 20 half squats | 3 core activations + 20 Dead Bugs (from the How to Engage Your Core Pre-hab!)

All-Star AMRAP 12 Workout:

Set a timer for 12 minutes; perform As Many Rounds As Possible (AMRAP)

All reps listed are totals, alternating sides. For example, "10 lizard planks" = five left, five right.

3 burpees | 12 Forward Leanover Lunges
3 burpees | 12 Squat Jumps (or box jumps!)
3 burpees | 12 Sumo Squat Jumps
3 burpees | 12 Heismans

Stability training: Finish with 2 x 30s side plank, each side.

Finish: Flexibility training - How to Stretch Everything After Your Workout.

Notes:

To make this easier: Omit the push-up from burpees; go slowly and take 10-15s breaks along the way.

To make this harder: Aim for explosive jumps on all jumps!; extend the time to 15 minutes; add a barbell to your shoulders and do standard (upright) forward lunges instead of forward leanover lunges; note your per-round time and aim to meet or beat it with each successive round!

Original post located at: <http://rollerderbyathletics.com/all-star-amrap12>

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