

ALL-STAR WEEKLY WORKOUT

Workout Instructions - 25 June, 2017

Workout Focus: Endurance, Speed & Power

You Need: A stopwatch or interval timer, a bench or chair for step-ups

Suggested Warmup: The Super-Quick Warmup Routine, or: 25 jumping jacks | 20x wall push-ups | 20x good mornings | 20 half squats | 20 arm circles each direction | 20 full squats.

Stability training: Walking lunge with reach-back, 1 minute (or 2x 30s)

All-Star Clutch Performance Workout:

Perform 30s of each exercise then repeat both, without rests, for each two minute "Jam". Rest one minute between jams. Jam 1 is written out in full as an example:

Jam 1: Skater Strides; Burpees; Skater Strides; Burpees

Jam 2: Jumping Jacks + Step-Ups

Jam 3: Skater Strides + Lunge Jumps

Jam 4: Jumping Jacks + Squat Jumps

Jam 5: Mountain Climbers + Frog Jumps

Finish: Stretch!

Notes:

Suggestions for making this easier: Reduce the work intervals to 20 seconds, and add 10 seconds of rest between each exercise, in addition to the 60s of rest between Jams.

Suggestions for making this harder: Reduce the rest time between jams to 30 seconds.

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

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