

ALL-STAR WEEKLY WORKOUT

Workout Instructions - 30 July, 2017

Workout Focus: Endurance, Power & Agility, Lower Body

You Need: a timer

Suggested Warmup: 30s each: jumping jacks, half squats, good mornings, high knees

Stability training: Walking lunges with a reach-back: 20 lunges (=10 each side) x 2.

All-Star Hufflepuff Workout

This workout is designed as a progression - you can start at your chosen level of difficulty, and try to increase every time, or every other time, you do the workout. See if you can progress through all 4 this month.

Exercises: Repeat this set for 3 or 4 total sets!

Heismans

Lunge Jumps

Skater Jumps + Hops

Frog Jumps

Rest (60s)

Interval Progression: try to progress each week, or when you're ready! You don't have to start at 1, start where you feel capable.

1: 30s work, 30s rest. (1:1)

2: 40s work, 20s rest. (2:1)

3: 45s work, 15s rest (3:1)

4: 60s work, 15s rest (4:1)

Finish:

Cool down with 3-5 minutes jogging or marching. Stretch!

Notes:

Suggestions for making this easier: Go slowly! Swap squat jumps instead of frog jumps.

Suggestions for making this harder: Swap in burpees instead of heismans; count reps and try to meet or beat them in rounds 2 and 3.

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

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