

ALL-STAR WEEKLY WORKOUT

Workout Instructions - 16 November 2014

Workout Focus: Endurance, Single-leg power, AMRAP

You Need: A stopwatch or timer. Mat optional.

Suggested Warmup: 20x half squats | 20x wall push-ups | 20x good mornings | 20 x full squats | 20 walking lunges | 10 squat jumps

Stability training: None today!

All-Star Side 2 Side Workout:

Do As Many Rounds As Possible (AMRAP) of the following, in 15 minutes:

20 Heismans

5 one-leg Squat Thrusts each side

10 Lunge-Back + Drive Up each side

5 One-Leg Push-Ups each side

Repeat all through as many times as you can!

Finish:

Cool Down + stretch. Remember to stretch your upper back and chest.

Notes:

Suggestions for making this easier: Do the squat thrusts and push-ups with both feet; or do push-ups from the knees.

Suggestions for making this harder: Are you serious? :)

Original post located at: <http://rollerderbyathletics.com/all-star-side2side/>

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