

ALL-STAR WEEKLY WORKOUT

Workout Instructions - 08 February, 2015

Workout Focus: Endurance, Core, Legs, HIIT

You Need: A mat, a timer

Suggested Warmup: 30s marching in place | 30s arm circles | 30s jumping jacks | 30s half squats | 30s good mornings

All-Star Jump Jive and Roll Workout

Each interval is 45 seconds, with a 15 second rest. The intervals alternate between cardio/legs and core:

Jumping Jack / Squat Jump Combo
Penguins
Reverse Burpees
Side Raise Left
Skier Jump + Lunge Combo
Side Raise Right
Side to Side shuffles (Heismans)
Superman / Banana Rolls

Repeat all for one more round!

Stability training: None this week!

Finish:

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

Notes:

Suggestions for making this easier: Use hands to assist with reverse burpees; use modified leg position for side raises; reduce interval time and/or increase rest time

Suggestions for making this harder: Do 3 rounds! Go for max reps in each interval; extend work intervals to 60s.

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

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