

ALL-STAR WEEKLY WORKOUT

Workout Instructions - 10 May, 2015

Workout Focus: Upper Body & Core Strength

You Need: Mat, chair or bench, dumbbells, therabands, or skates

Suggested Warmup: 25 jumping jacks | 20 bum kicks | 20x half squats | 20x wall push-ups | 20x good mornings | 30s arm circles each direction

Stability training: Included in the workout

All-Star Back Atcha Workout:

5 rounds: I's Y's Tees (weight optional) - 5 pulses each position

15 Power push-ups

10-20 Bent over flys w/ skates or weights - see notes

10-20 Upright row - see notes

20 Good mornings (weight optional)

10 Tricep Push-ups

10 Rollover + Sit-Up, each side

15 Supermans

Repeat the full set x 2 (beginner) or x3 (advanced)

Finish:

Optional: Plank for time. Cool Down + stretch, especially back and chest!

Notes:

If using skates as weights: Do the high end of the range for bent over flys and upright rows.

If using weights or therabands:

I's Y's Tees - use only 1-3 pound weights.

Bent over flys, try 8 - 15 pounds unless you know you can do more, and do 10-12 reps.

Upright row, same as above.

Good mornings - try 20 lb dumbbells and 10-12 reps

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

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