

ALL-STAR WEEKLY WORKOUT

Workout Instructions - 11 October, 2015

Workout Focus: Endurance, Explosive Speed!

You Need: A stopwatch or interval timer, a mat

Suggested Warmup: 25 jumping jacks | 20x wall push-ups | 20x good mornings | 20 half squats | 20 walking lunges | 30 high knees | 30 bum kicks

All-Star Bounce With Me Workout:

Perform each exercise for 40s, with 20s of rest. Repeat all for two rounds total (you can rest 1 - 2 minutes between rounds!):

High Knees
Lunge Back + Knee Ups
Praying Mantis Planks
Roll-back Burpees + 4 Lunge Jumps
Squat Jumps
Starfish Situps

Then finish with one round of 20 Blocker Burpees!

Stability training: None today

Finish: Cool down; stretch!

Notes: Remember to engage your core muscles throughout! This will actually make the workout easier to complete.

Suggestions for making this easier: Swap high-knee-marching instead of the high knees shown; hold a side plank or standard plank instead of praying mantis planks; eliminate the jumps from the roll-back burpee combo; do regular squats instead of squat jumps.

Suggestions for making this harder: Do three rounds; count your reps in each round and try to meet or beat them in subsequent rounds!

Original post located at: <http://rollerderbyathletics.com/allstar-bounce/>

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