

# WINTER FITNESS

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## SAMPLE WORKOUT

### WARM-UP:

- ❖ 2 Laps
- ❖ Plank (1 Min)

### CONDITIONING:

- ❖ Suicides (x2)
  - 1 Set
    - Sprint 10 Meters & Back
    - Sprint 20 Meters & Back
  - 1 Minute
    - Rest 1 Minute
  - 45 Seconds
    - Rest 45 Seconds
  - 30 Seconds
    - Rest 30 Seconds

### STRENGTH:

- ❖ 4 – Stations (x2)
  - Planks (1min) / Left Side (30Sec) / Right Side (30 Sec)
  - Pushups (20 Reps)
  - Squats (25 Reps)
  - Sit-ups (25 Reps)
  - Ladders (Different every time you go through)
    - High Knees
    - Hops
    - 2 Feet Every Square
    - Sideways (1 or 2 feet every square)
- ❖ Separate Stations 10 Meters Apart
- ❖ Sprint Between (i.e. to next station)

### COOL DOWN:

2 Laps  
Static Stretch