

WINTER FITNESS

SAMPLE WORKOUT - CREATED BY CLAUDETTE BOSMAN

WARM-UP:

- ❖ 2 Laps
- ❖ Stretch

PLYOMETRICS:

- ❖ Stations
 - Beginner – 1x
 - Intermediate – 2x
 - Advanced – 3x
 - 30 jumping jacks
 - 5 push ups
 - 25 high knees
 - 7 burpees
 - 10 crunches
 - 7 squats
 - 5 pushups
 - 10 crunches
 - 5 pushups
 - 7 squats
 - 30 jumping jacks
 - 1 minute wall sit]
 - 5 pushups
 - 25 high knees
- ❖ Quote from Claudette: *“did this workout today, twice through, and also upped some of the numbers. it was amazing! and definitely would be good for a fitness practice for the team; repeat 2-3 times for max results”*

COOL DOWN:

- ❖ 2 Laps
- ❖ Stretch