

Summer Fitness

Monday 6/19/2011

Warm-up:

- ❖ 2 Laps
- ❖ Dynamic Stretch (Lead by Christine Dibase)

Conditioning:

- ❖ 4 Laps / 1 mile (Steady Pace)

Strength:

- ❖ 2 Minute Intervals
- ❖ 6 - Stations
 - Planks (1min) / Left Side (30Sec) / Right Side (30 Sec)
 - Lunges (10 Meter Distance or Stationary(Drive off the front foot and push back up))
 - Pushups (1min) / Dips (1min)
 - Squats (Continuous or Wall Sits)
 - Sit-ups / 6" Leg Raises
 - 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)
- ❖ Repeat for Total of 2x Through

Cool Down:

2 Laps
Static Stretch