

Fall Fitness

Tuesday 11/15/2011

Created by Christine Dibase

Warm-up:

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

Conditioning:

- ❖ Ladders up to 5 and back down
- ❖ Do the corresponding workout in between each set of laps.
- ❖ This is based on a 1/16th lap from Simmons Gym.
 - sprint 1 lap / 5 Burpees
 - Sprint 2 laps / 10 lunges
 - Sprint 3 laps / 15 push ups
 - Sprint 4 laps / 20 sit ups
 - Sprint 5 laps / 20 squats
 - Walk 1 lap
 - Sprint 5 laps / 5 Burpees
 - Sprint 4 laps / 10 lunges
 - Sprint 3 laps / 15 push ups
 - Sprint 2 laps / 20 sit ups
 - Sprint 1 lap / 10 squats

Core Workout:

- ❖ Planks:
 - 1:30 minutes – 30 second break in between
 - 1:00 minute – 30 second break in between
 - 1:00 minute – 30 second break in between
- ❖ Partner Leg Kicks – as many as you can get in a minute
 - 1:00 minute – 30 second break in between
 - 1:00 minute – 30 second break in between

Cool Down:

2 Laps

Static Stretch