

WINTER FITNESS

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