

Workout Ideas

<u>Where</u>	<u>Description</u>
Track	Run a lap while partner does plate lift; then switch running & lifting.
Track	Run 1/2 a lap, do 25-45 upper body 'lifts', run the other 1/2 do 25-45 core exercises
Hills	Sprints, weight carry, shuffle, squat jumps, wheel barrow, bear crawl, etc
Stadium	Miracle Miles; run track and stadium stairs on each lap
Tires	Tossing over fence, carries, footwork, flips, etc
Cones	Karaoke, backwards, shuffle, penetration steps, sprint
Plates	5 mins 'matches' w/ plate; pick 3 exercises do 10 reps of each and repeat as many times as possible in 5 mins
Weight Room	Circuit lifts; pick 3 exercises do 15 reps of each (45 reps total) repeat 2-3x before picking next exercises
Body Weight	Pull-ups, Push-ups, Squat Jumps, jumping jacks, lunges, burpees, jumps, airsquats, etc
Stairs	Footwork, wheel barrows, buddy carries, plate lifts while walking, hops, etc
Tennis ball	See how many tennis balls you can get in bucket (20+ yards away) in 1-3 min spurts
Core	Sit-ups, v-ups, leg push downs, mason twists, toe touches, crucifix, six inches, scissors, etc
Games	Bear crawl tag, steal the bacon, stance/gaga ball, ultimate frisbee, basketball, soccer
Wall	Decline push-ups, wall sits, wall ball sit-ups, single leg calf raises, etc
Wrestling Room	Stance and motion, core exercises, buddy drags, wall sits, ladder runs, line/footwork drills, etc
Swimming Pool	Swim one length of the pool do 10 push-ups, swim back do 10 sit-ups. Repeat 10ish times.