

"Cardio Blast"

Warm Up:

10 Minutes

Walking/Jogging/Side Stepping/Heel Flicks/Knee Raises

Stretch (All Major Body Parts)

Exercise Session:

CIRCUITS – 10 Minutes

Push Ups

Squats

Push Ups

Lunges

Push Ups

Sit Ups

Push Ups

Plank

(45 SECONDS WORK TIME)

(15 SECONDS REST TIME)

ABILITY SHUTTLE RUNS – 10 Minutes

-11 Minute 1.5 Mile Time (x6) – 30 Seconds Rest Each Shuttle

12 Minute – 15 Minute 1.5 Mile Time (x4) – 30 Seconds Rest Each Shuttle

+15 Minute 1.5 Mile Time (x3) – 30 Seconds Rest Each Shuttle

PERIMETER RUN – 20 Minutes+

Cool Down:

Stretch (All Major Body Parts)

EQUIPMENT CHECKLIST

Medicine Kit (x1)

Stop Watch (x1)

Marker Cones (x10)

Marker Flags (x4)

Water Container (x1)

Plastic Cups (x As Many As Possible)