

Seven Days Without a Workout Makes One Weak!

We must not let all our hard work and progress go to waste. During our time off we must maintain our strength and conditioning so we don't waste any time getting back in shape. This quick and simple workout won't take long and can be done anywhere. Its effectiveness depends on your effort.

Warm Up

Begin the workout with 5–10 minutes of a cardio activity. (Jogging, Jump ropes, etc.) Follow up the cardio with our Dynamic Stretch Routine located on the back of this sheet.

The 200 Workout

This is based off the 300 Workout. You will complete 25 reps of each activity while racing against the clock to improve your time.

25 Push ups

25 Med Ball Squat (Get creative, use something around 5 lbs.)

25 Fake Bars (Forward and back is 1 rep)

25 Dips

25 Step back lunges (Right lunge, left lunge = 1 rep)

25 Burpees

25 Squat Jumps

25 Lateral Hops (use something about 10 in. tall) (Over and back = 1 rep)

Cool Down

Two minute **calf walk**. Walk on balls of feet keeping your heels off the ground for two minutes

Record Results

Complete this work out 3 times and record your time for the 200 segment only.
Do not include your warm up and cool down.

Time 1:

Time 2:

Time 3:

Dynamic Stretch Routine

Knee Pulls– Pull knees to chest alternating legs.

Quad Walk– Pull heels to rear alternating legs.

Ham Walk– Bend forward and touch floor with both hands leaving one leg straight and kicking the other back as high as you can. Alternate legs.

Lunge Walk– Lunge one leg out ahead as far as you can while the knee on the other leg slightly touches the floor. Alternate legs.

Cross Overs– Facing in, cross your right leg over the left and bend down, then bring feet back to parallel position, then cross right leg behind the left and bend down. Repeat.

Inch Worm– Walk your hands out until your body is in a push up position. While the hands stay set, walk your feet towards your hands. Repeat.

High Knees– While jogging, raise your knees to your chest. Get in lots of touches.

Butt Kickers– While jogging, kick your rear with your heels. Get in lots of touches.