

## Workout # 13

Please Note: In BLACK are the number of repetitions, for intermediate is in RED and for beginners/younger athletes in BLUE. If it is only black it means it is for everyone.

Black= 13& Over

Red= 10-12 years old

Blue= 9 & younger

Above is the general guideline, but feel free to follow whatever workout is appropriate for you.

### Warm-up (10 minutes)

Light jog

High knee skip

Jump rope

### Aerobic workout integrated with activation ( 60 minutes):

6 Rounds of 15 seconds increment each round per exercise.

4 Rounds of 5 second increment each round

3 Rounds of 5 second increment each round

Water break after each round

Example:

Round #1 ( 15 seconds each Exercise); Round #1 ( 15 sec); Round #1 ( 10 sec)

Round #2 ( 30 seconds each Exercise); Round #2 ( 20 sec); Round #2 ( 15 sec)

Round#3-4 ( 45 seconds each Exercise); Round #3 ( 25 sec); Round #3 ( 20 sec)

Round #5 (30 Seconds each Exercise); Round #4 ( 30 sec)

Round #6 ( 15 seconds each Exercise)

1. Reverse step toes touch
2. Lunge 2+1+jump
3. Step into trunk rotation
4. Lunge jump
5. Leg swing into Glute stretch
6. Jump+ side Lunge
7. Chained squat
8. Jump+ hand walkout +burpee
9. Abs stretch and back stretch
10. Abdominal/back (choice)
11. Scapular push up
12. Jumping jacks
13. Row
14. Abduction
15. Extension
16. Flexion
17. Shoulder press
18. Triceps

15 and over can add a round of 1 minute each exercise.