



Weekly Wellness Workout

Week of June 1, 2020

It's the LAST week of your Wellness Workouts! Get after it, Team!

Cardio Fun #17

Backyard Plyo's: Create a 10 yard long run-way, with a start and finish cone

From Start to Finish, you'll work; from Finish to Start, you'll recovery jog

Work movements = Jog
Butt kicks
High knees
Lunges
Skip for height (pump your arms!)
Single-leg hops RIGHT
Single-leg hops LEFT
Double-leg hops
Reverse lunges
Jog

Run through the Work Movements list three times in a row, without stopping

Rest for three minutes, and repeat, a total of THREE Work Movement/Rest reps

Cardio Fun #18

Fartlek's

On a road with telephone poles, repeat the following pattern, changing your pace each time you pass a new telephone poll: Walk, jog, run. Remember to run against traffic! Get after it for a set amount of time, or a set distance. The choice is yours.

No excuses. Sweat it out.

#codeorange