

Cathedral of Saint Raymond Fit Shepherds/Fit Sisters  
Sample Workout #1

This is a partner workout.

Pair up and work with your partner to complete the given amount of reps for each exercise.

When partner 1 is performing the exercise, partner 2 is running/jogging/walking/crawling :)/dancing from the Centennial Walkway to the fence at the far north end of the parking lot at Mason Avenue and back to the Centennial Walkway again.

Partner 2 returns and hi fives her partner and switches places with partner 1. If partner 1 ended up at 26 reps of the given exercise, partner 2 begins the exercises and counting at 27.

Partners continue to go back and forth until the given number of reps is complete.

If you and your partner complete before another set of shepherds/sisters, we ask you to hold plank, jog in place, meet someone working on the running portion and accompany him/her back, or help someone push out the rest of their reps. We always cheer on our fellow sisters and shepherds as they finish! No man or woman left behind!

**Round 1:** 100 Catcher Jumps

**Round 2:** 200 Prayer Crunches

**Round 3:** 100 Planks with Alternating Leg Lifts

**Bonus Round** (if time permits):52 Tricep Dips with Alternating Reaching Hand to Extended Legs  
(sets of 4)