

Cathedral of Saint Raymond Fit Shepherds/Fit Sisters
Sample Workout #3

This is a circuit workout.

The group moves from three locations around the Cathedral parking lot (Mason Ave. fence on the northeast end of the lot, the northwest wall of the Cathedral near the valet door and the Centennial Walkway,).

We perform the exercises together at the stations and perform a cardio move together as we move from station to station.

If you complete the exercise before another shepherd/sister, we ask you to hold plank, jog in place, 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!

Station 1: Squat, shuffle to the right, shuffle to the left, take a jump shot (1 rep) Return and repeat...20x

Jog to Station 2

Station 2: 200 Legs out, tricep dip, Legs in, tricep dip (1 rep) Return to legs out and repeat...10x
Butt kicks to Station 3

Station 3: Continuous bounce in the pike position with hands on the Centennial Walkway curb...30x
Water break

Backwards jog to Station 4

Station 4: Squat with one leg on the parking stopper- touch the ground, on the way up, kick leg that was on the ground up in front and punch with the opposite arm...20x

Shuffle to Station 5

Station 5: Quick jump lunges (20 on right leg then switch and do 20 on left leg)

Shuffle to Station 6

Water break

Station 6: In n Out Abs...30x

Jog to Station 7

Station 7: Power knee shuffles on yellow lines...20x

Grapevine to Station 8

Station 8: Boat kicks - scissors legs with arms and shoulders off the ground...30x

Jog back to Station 9

Water break

Station 9: Burpee push up with adductor squat...10x