

Cathedral of Saint Raymond Fit Shepherds/Fit Sisters
Sample Workout #4

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: 1 leg on curb, 1 leg off...opposite hand to opposite leg's ankle as it lifts up....20x on right, 20x on left

Jog to Station 2

Station 2: Shuffle with punch...20x

Butt kicks to Station 3

Station 3: Switch lunge jumps...right, left...15x

Water break

Backwards jog to Station 4

Station 4: Burpee to adductor squat..20x

Shuffle to Station 5

Station 5: Triple bears...10x

Shuffle to Station 6

Water break

Station 6: Spider push ups...15x

Jog to Station 7

Station 7: 4 tricep dips, sit on step knees up and hands pull down for 4 count...10x

Grapevine to Station 8

Station 8: Mountain climbers....20x

Jog back to Station 9

Water break

Station 9: Heel surge kick to lunge...10x on each side