

# FALL BREAK WORK OUT SHEET

**How/Where to turn in:** Videos or screen shots will need to be sent in your athlete BAND in the correct album. To find albums, go to your team band. Click on Albums on top right, then scroll down to find correct album. Coaches will make albums for you to post in. Videos sent by private message WILL NOT BE ACCEPTED. Please follow the instructions! If you do not complete by the deadline, you will have 20 units of burpee to double toe touch per section not completed and will not receive a gold star for the week.

## **ALL WORKOUT VIDEOS/SCREEN SHOTS ARE DUE IN BAND BY SUNDAY 11/30 - NO EXCEPTIONS!**

**Workout Instructions:** You must do EACH workout 1x between 11.21-11.30. You will need to do a timelapse video or set a workout on a smart watch and take a screen shot. Screenshots need to include the date and time length of the work out. If you do a clinic or private (30 minutes) at the gym, that will count for one workout. To record these, please take a picture with the coach and send that in the BAND.

### **WORKOUT 1: count down**

50 jumping jacks 2x  
45 sec wall sit  
40 crunches  
35 squats  
30 plank shoulder taps  
25 tuck jumps  
20 burpees  
15 V ups  
10 push-ups  
5 candle stick to tuck jump  
Hold each split (right, left, and middle) for 1 minute each

### **WORKOUT 2: 50/10** 50 sec workout 10 sec rest

50 jumping jacks 2x  
Burpees  
Jumping Jacks with High V  
Jumping lunges  
Push-ups w/ opposite leg/arm lift  
Toe touch V ups  
Tuck Jumps  
Plank hold  
Hold each split (right, left and middle) for 50 seconds each

### **WORKOUT 3: SCORE 24**

Check in: 3 8 count warm up tracks.  
24 Burpees  
24 Front Lunges  
24 Tricep dips  
24 Push ups  
24 Calf Raises  
24 V-ups  
24 Jumping Jacks  
24 Leg Lifts  
Hold each split (right, left, and middle) for 1 minute each

EXCITE!  
GYM & CHEER —