

# ALL-STAR WEEKLY WORKOUT

*Workout Instructions* - 4 October, 2015

**Workout Focus:** Endurance, Speed & Power

**You Need:** A stopwatch or interval timer, a towel or t-shirt for agility hops; mat optional

**Suggested Warmup:** 25 jumping jacks | 20x wall push-ups | 20x good mornings | 20 arm circles each direction

## All-Star Jammer Juice Workout:

Perform 30s of each exercise then repeat both, without rests, for each two minute "Jam". Rest one minute between jams. Jam 1 is written out in full as an example.

Jam 1: Skater Strides; One-foot agility hops L; Skater Strides; 1F agility hops R

Jam 2: Jumping Jacks + Burpees

Jam 3: Skater Jumps + Lunge Jumps

Jam 4: High Knees + Frog Jumps

Jam 5: Mountain Climbers + Cross-Under squats

**Stability training:** Side plank to failure on each side.

**Finish:** Stretch!

## Notes:

**Suggestions for making this easier:** Reduce the work intervals to 20 seconds, and add 10 seconds of rest between each exercise, in addition to the 60s of rest between Jams.

**Suggestions for making this harder:** Reduce the rest time between jams to 30 seconds.

Original post located at: <http://rollerderbyathletics.com/all-star-jammerjuice/>

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