



Jennifer Blair

Try This Workout

Do each exercise 10 times then sprint 10 yards

Do the full rotation 3 times

Equipment: Bodyweight

Push Up

Chest



- 1 - Support your body on your toes and hands with your elbows bent and your chest nearly touching the floor.
 - 2 - Push up to a straight arm position.
- Lower your body back to the start position and repeat.
 - Keep your back flat and your hips in line with your shoulders throughout.

#	REPS	WEIGHT	TIME	NOTES
1	10			total
2	10			total
3	10			total

Kneeling Sprint Blastoff

Full Body



- 1 - Kneel upright on the floor with your arms by your sides.
 - 2 - Step one foot forward onto the floor, getting yourself ready to come into a complete upright running position.
 - 3 - Quickly push off the front foot, coming upright into a sprint.
- Walk back and repeat from a kneeling position.

#	REPS	WEIGHT	TIME	NOTES
1	10			yards

Bench Dip

Triceps



- 1 - Place your palms on a bench behind you and your heels on the floor with your legs and arms straight.
- 2 - Lower your body toward the floor, bending at the elbows.
- 3 - Push up through your palms to return to the start position.

#	REPS	WEIGHT	TIME	NOTES
1	10			total
2	10			total
3	10			total

Kneeling Sprint Blastoff

Full Body

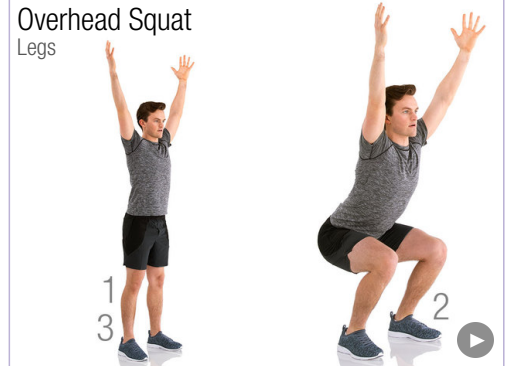


- 1 - Kneel upright on the floor with your arms by your sides.
 - 2 - Step one foot forward onto the floor, getting yourself ready to come into a complete upright running position.
 - 3 - Quickly push off the front foot, coming upright into a sprint.
- Walk back and repeat from a kneeling position.

#	REPS	WEIGHT	TIME	NOTES
1	10			yards

Overhead Squat

Legs



- 1 - Stand upright with feet shoulder-width apart, toes pointing straight ahead and your arms raised straight up.
- 2 - Lower your body toward the floor, bending at the hips and knees, keeping your arms overhead, maintaining an upright torso and keeping your heels flat on the floor.
- 3 - Push through your feet to return to the start position, keeping your back neutral/flat and your arms overhead throughout.

#	REPS	WEIGHT	TIME	NOTES
1	10			total
2	10			total
3	10			total



Kneeling Sprint Blastoff

Full Body



- 1 - Kneel upright on the floor with your arms by your sides.
 - 2 - Step one foot forward onto the floor, getting yourself ready to come into a complete upright running position.
 - 3 - Quickly push off the front foot, coming upright into a sprint.
- Walk back and repeat from a kneeling position.

#	REPS	WEIGHT	TIME	NOTES
1	10			yards

Step Up BW 12"



Core engaged!

#	REPS	WEIGHT	TIME	NOTES
1	10			each leg
2	10			each leg
3	10			each leg

Kneeling Sprint Blastoff

Full Body



- 1 - Kneel upright on the floor with your arms by your sides.
 - 2 - Step one foot forward onto the floor, getting yourself ready to come into a complete upright running position.
 - 3 - Quickly push off the front foot, coming upright into a sprint.
- Walk back and repeat from a kneeling position.

#	REPS	WEIGHT	TIME	NOTES
1	10			yards

Forearm Plank

Pilates



- Lie face down on a mat with your legs straight and arms tucked in by your sides with elbows bent.
- Raise your body up onto your toes and forearms and hold briefly.
- Keep your back flat and head slightly raised, looking forward.

#	REPS	WEIGHT	TIME	NOTES
1			30.0	seconds
2			30.0	seconds
3			30.0	seconds

Kneeling Sprint Blastoff

Full Body



- 1 - Kneel upright on the floor with your arms by your sides.
 - 2 - Step one foot forward onto the floor, getting yourself ready to come into a complete upright running position.
 - 3 - Quickly push off the front foot, coming upright into a sprint.
- Walk back and repeat from a kneeling position.

#	REPS	WEIGHT	TIME	NOTES
1	10			yards

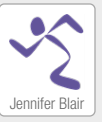
Lunge

Hotel



- 1 - Stand upright with your arms by your sides.
 - 2 - Take a step forward, dropping your back knee to the floor and leaning your torso slightly forward with your weight on your front leg.
 - 3 - Push off your front foot to return to the start position.
- Complete all reps on one side before switching to the other side.

#	REPS	WEIGHT	TIME	NOTES
1	10			each leg
2	10			each leg
3	10			each leg



Kneeling Sprint Blastoff

Full Body



1 - Kneel upright on the floor with your arms by your sides.

2 - Step one foot forward onto the floor, getting yourself ready to come into a complete upright running position.

3 - Quickly push off the front foot, coming upright into a sprint.

- Walk back and repeat from a kneeling position.

#	REPS	WEIGHT	TIME	NOTES
1	10			yards