

Warrior Training

Balance	Speed / Agility	Cardiovascular	Muscular Strength	Muscular Endurance	Miscellaneous
4 x 4 Post - 2 mins. (one foot without falling)	Jump rope 80 times in 30 secs.	750 Jumping Jacks (non-stop)	Peg Board - Up & Down (non-stop)	Wall Sit - 10 mins. (legs at 90 degrees)	Sweat (must be running or dripping off face)
Indo Board - 2 mins.	25 box jumps in 30 secs. (3 folding mats stacked - 18 inchs.)	15 minute Jump rope (non-stop)	Peg Board - Backwards	10's-9's-8's. . . Push-ups, sit-ups, & jumping jacks	Hold Breath - 1 1/2 mins. (hold nose & puff cheeks)
Indo Board - 10 mins	Bean bag shuttle (10 yds. 10 bags - 1 min.)	2 Mile run on track	70 Push-ups (non-stop)	20's-19's-18's. . . Push-ups, sit-ups, & jumping jacks	Accomplish 5 events in one class period
Indo Board - 50 squats	20 Burpees in 30 secs.	1 lap & 10 sit-ups	2 finger pull-up (peg board, 2 fingers from each hand)	Deck of Cards - Push-ups, sit-ups, & jumping jacks	<u>5's are wild</u> (in 1 period) 5x5 sit-ups = 25 5x5 push-ups = 25 5x5 jumping jacks = 25 5 standing long jumps 5 box jumps over 30" high 5 laps on track = 1 1/4 miles 5 leg lifts hanging from bar Lift total of 5,000 lbs.
Unsupported handstand for 15 secs.	20 double jump ropes (without missing)	2 laps & 25 sit-ups	10 Pull-ups in 5 mins.	250 Sit-ups (non-stop)	
		3 laps & 50 sit-ups	80 reverse push-ups (2 chairs, legs out straight, bend arms 90 degrees)	Hang for 2 mins.	<u>7's are wild</u> (in 1 period) 7x7 sit-ups = 49 7x7 push-ups = 49 7x7 jumping jacks = 49 7 standing long jumps 7 box jumps over 30" high 7 laps on track= 1 3/4 miles 7 leg lifts hanging from bar Lift total of 7,000 lbs.
		4 laps & 75 sit-ups		100 Calf raises (full extension)	
		Bean bag shuttle (15 yds. 10 bags = 1 lap on track)		Hustle up the Hancock (104 LMS flights)	Personal Challenge #1
		5K (3.1 miles)		Willis Tower (117 LMS flights)	Personal Challenge #2
		Human Etch-a-Sketch		Heavy Jump Rope (50 times without missing)	I can do <i>this</i> better than anyone!
		Pacer 30			
		Pacer 50			
		Pacer 70			