

Hockey

Olympic Challenge: Week 3, Day 3

Do the set 4 times with 10 second rest between each exercise.

The Set

- Hip Twisters x 16 reps each side
- Cotton-Eyed Joe Lateral Shuffle x 16 reps each side
- One-leg Squat Jump, Right x 12 reps
- One-leg Squat Jump, Left x 12 reps
- Push-ups x 16 reps
- Curtsy Squats, alternating legs in front x 16 reps
- Russian Jumping Lunges x 8 reps each side
- Jumping Ohno's x 8 reps each side
- Push-ups x 16 reps
- CARDIO: 3 minutes of intense cardio

-repeat 3 more times