3.19.20

Football Field Suicides:

**Warm up:** dynamic stretches (legs and arms)

**Workout:**

1. Start out at the goal line

Do 20 burpees (with or without the pushups depending on your level)

Bear crawl to the 10 yard line

Do 20 squats

Jog back to the goal line

1. Repeat #1 and then once at the 10 yard line and done with the squats, lunge to the 20 yard line

Do 20 push ups

Jog back to the goal line

1. Repeat #1 and #2 and instead of jogging back to the goal line, once you are done with the exercise at the 20 yard line, bear crawl to the 30 yard line

Do 40 mountain climbers (20 if you are counting left and right as one…depends on how you count ☺)

Jog back to the goal line

1. Repeat #1, #2, and #3. Once at the 30 yard line and done with the mountain climbers, lunge to the 40 yard line

Do 20 4-count flutter kicks

Jog back to the goal line

1. Repeat #1, #2, #3, and #4. Once at the 40 yard line and done with the flutter kicks, bear crawl to the 50 yard line

Do 20 jump squats

Jog back to the goal line

**Finisher:**

25 squats

25 jump squats

X4