

HILLS... Hills...Hills:

Warm-up 3-5 minutes + Stretch (legs especially) 3-5 minutes

1. Slowly jog up and down the hill twice

2. 10 push ups at the bottom

3. side shuffle up the hill leading with right leg – keep your head forward, butt out –
Run down the hill

4. 20 hip touch downs (when you touch hips down on both sides that's 1)

5. side shuffle up the hill leading with left leg – keep your head forward, butt out
Run down the hill

6. 10 push ups

7. Jog up and down the hill Backwards TWICE

8. 20 hip touch downs

9. Lunge up the Hill. All the way – Run down

10. High knee half way up the hill and SPRINT to the top.

**REPEAT ALL 10
IF YOU CAN**

