

LASALLIAN WORKOUT OF THE DAY (WOD)



OK
MONDAY
LET'S DO
THIS!

MONDAY

'CINDY'

Repeat exercises below as many times as you can in 20mins :

- 5 Sit-ups
- 10 Push-ups
- 15 Air Squats

How many circuits can you do in 20mins?

A classic CrossFit WOD. Familiar and perfect for an at-home workout.



TUESDAY

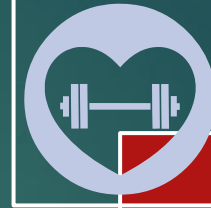
'FULL-BODY SPRINT'

Repeat the following circuit 7 times:

- 10 Push-ups
- 10 Air Squats
- Run 200m

How long does it take you to do the following 7 times?

Short bursts of movements with high rounds. This WOD will get you sweating quick



WEDNESDAY

'BODYWEIGHT WOD'

Repeat the following circuit 8 times:

- 10 Push-ups
- 10 Air Squats
- 10 Burpees
- 10 Air Squats

How long does it take you to do the following 8 times?

A well-rounded WOD.

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THURSDAY

'FULL-BODY DECREASING LADDER'

10-9-8-7-6-5-4-3-2-1 Rep

Rounds:

- Burpees
- Push-ups
- Sit-ups

How long does it take you to complete the 10 rounds?

Quick full-body work.



FRIDAY

'DISTANCE BURPEES'

For Time:

800m of Broad Jump
Burpees

How long does it take you to complete 800m?

Ideal if you have a wide and long space to move. No one wants to do an 800m workout in a hotel room, or on busy sidewalk



RESULTS

Send your results to your PE teachers via your teams pages. Video proof will be required for the winner to collect their prize.

Remember that exercising with another member of your family increases both your physical and social well being (Hauora).