

FMFC VIRTUAL WORKOUT SERIES

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"JAMAICAN ME CRAZY"

A SPEED INDUCED + CORE STABILITY WORKOUT

1 MINUTE MINDFUL MEDITATION

3 MINUTE STRETCH

**** THREE SUPERSETS X 3 SETS! ****

A1. BEGIN CONE WORKOUT:(X3 EACH ONE)

1. ICKY SHUFFLE

(MODIFICATION: TWO FEET IN EACH FORWARD)

1. TWO FEET LATERAL

2. SINGLE LEG HOPS (FOCUS ON BALANCE + STABILITY)

A2. USE ANY TYPE OF BALL FOR ONE ARM PUSHUPS X 10 REPS

B1. SPLIT SQUAT JUMPS X 8 EACH LEG

B2. FIND A CHAIR!

SINGLE LEG SQUATS. SLOW DOWN, EXPLODE UP AND SQUEEZE GLUTE X 8 EACH LEG

C1. RUNNING IN MOTION X 15 SECONDS (PARTNER HOLDS YOUR SHIRT)

C2. PLANK – 1 MINUTE (30 SECONDS MIDDLE, 15 SECONDS EACH SIDE)

**** BONUS COOLDOWN ****

SOCCER GOLF (MAKE YOUR OWN COURSE!) - PAR 4

WORKOUT PLAYLIST (ALL ON SPOTIFY/APPLE MUSIC):

1. WHO KNOWS-PROTOJE

2. WILSIDE GOVERNMENT-JAHVILLANI

3. BALLER-TEE-JAY

4. INVIOABLE-POPCAAN

5. OWNA LANE-TEEJAY

6. ANY WEATHER-VYBZ KARTEL

7. LEVEL UP-POPCAAN