



# ASBURY SEMINARY **FITNESS**

## **Workout Challenge #1**

**5-10 Minute Walk or Run**

**Stretch**

**Warm-up (3x through)**

**10 air squats**

**20 jumping jacks**

**30 high knees**

**Workout: 10 Rounds Total (5 rounds each person)**

**10 dumbbell goblet squats**

**10 burpees**

**10 box jumps**

**10 lunges**

**\*Partners switch turns after every round**



# ASBURY SEMINARY **FITNESS**

## **Workout Challenge #2**

**5-10 Minute Walk or Run**

**Stretch**

**Warm-up (3x through)**

**10 air squats**

**5 broad-jumps**

**5 inchworms**

**Workout (go for time):**

**50 wall ball shots- each person (switch as needed for breaks)**

**40 synchronized sit-ups**

**30 synchronized push-ups**

**20 synchronized medicine ball ground to overhead**

**10 burpees**



# ASBURY SEMINARY FITNESS

## Workout Challenge #3

### Warm up & Stretch

.30 mile run

30 pushups

30 wall balls

30 box jumps

30 butterfly sit ups

30 pendulum lunges on each leg

.20 mile run

20 pushups

20 wall balls

20 box jumps

20 butterfly sit ups

20 pendulum lunges on each leg

.10 mile run

10 push ups

10 wall balls

10 box jumps

10 butterfly sit ups

10 pendulum lunges on each leg



# ASBURY SEMINARY **FITNESS**

## **Workout Challenge #4**

**Warm up & Stretch**

**.5 mile run or walk**

**100 air squats**

**90 partner plank high 5's**

**80 jumping jacks**

**70 sit ups/crunches**

**60 push-ups (modified if needed)**

**50 kettle bell swings**

**40 lunges**

**30 partner ball slams**

**20 burpees**

**10 inchworms**

**.5 run or walk**



# ASBURY SEMINARY FITNESS

## Workout Challenge #5

Half-mile jog or run

Partner wheelbarrow planks w/ shoulder shrugs

Lateral lunge and throw

Sit up medicine ball toss

Dumbbell/medicine ball ab twist w/ squat

“Mirror” lunges

Half-mile jog or run

### Descriptions:

**Partner wheelbarrow planks-** One person gets on the floor in plank position (hands or elbows, your choice) the other partner faces the opposite way and picks up the planking person by the ankles performing shoulder shrugs for reps. 3 sets to failure or 1 minute. 1 set is each person taking a turn in both positions.

**Lateral lunge and throw-** Stand facing each other, about 3 feet apart. Holding medicine ball at chest, partner A takes a wide step to the right, sending hips back and keeping abs tight. Lower into a lateral lunge and bring the medicine ball down to right side on a slight diagonal. Left leg should be straight. Simultaneously, partner B takes a wide step to the right (away from partner A) and also comes into a low lateral lunge (without the medicine ball). In one smooth movement, both partners push off their right foot, and as they return to the starting position, partner A throws the medicine ball laterally to partner B. Partner B catches the ball and immediately steps out with right foot into a right lateral lunge, allowing the ball to come down on the same right diagonal. Partner A does the same, without the ball. Do 8-12 reps, then switch sides.

**Sit up medicine ball toss-** Both workout buddies sit with feet facing each other. One person starts with the medicine ball or larger exercise ball, does a sit up, and tosses or hands the ball to their workout buddy. Repeat until both people have done 15 sit ups.

**Dumbbell/medicine ball ab twist with squat-** Grab one weight and stand back to back with your partner. The one with the weight will squat once, and twist to pass the weight around to the other partner. That person will then squat and pass the weight around the other side of their body back to the first person. Repeat for 3 sets of 12-15 reps.

**Mirror lunge-** Partners stand facing each other. Partner A steps back with their right foot into a lunge with Partner B mirroring them by stepping back with their left foot into a lunge. One rep is partner A's left leg and right leg going back for a lunge. Perform 3 sets of 15 reps.



# ASBURY SEMINARY FITNESS

## Workout Challenge #6

**Half-mile jog or walk**

**Dumbbell bench and row**

**“Mirror” side delt raises**

**Squat n’ toss**

**Skull crushers/curls**

**Half-mile jog or walk**

### Descriptions:

**Dumbbell bench and row-** Partner A lays on a bench and does 12-15 dumbbell chest presses while partner B spots them. When partner A has completed the reps, partner B takes the weights and bends at the hips to do dumbbell bent over rows for 12-15 reps. Repeat for 3 sets each then switch places and do another 3 sets.

**Dumbbell “mirror” side delt raises-** Each partner grabs 2 dumbbells that they can do side raises with. The partners face each other and hold their arms up. Partner A lowers and raises their right arm while partner B “mirrors” them by lowering and raising their left arm at the same time. This is half a rep. One full rep is when both partners have lowered and raised both arms. Repeat for 10 reps.

**Skull crusher and bicep curl handoff-** Partner A lays on a bench with a dumbbell or a preloaded bar (the bars are stacked on the “weight tree” by the medicine balls and yoga mats). Partner A does skull crushers for sets of 10-12 then passes the weight to partner B who then bicep curls the weight for sets of 10-12. Repeat for 3 sets each and then switch places and do another 3 sets.

**Squat n’ toss-** Partner A grabs a medicine ball, holds it and squats as low as they can, and when they come up to the top of the squat, they pass the ball to partner B who catches the ball and then squats n’ tosses the ball back. Repeat for 3 sets of 15 reps.



# ASBURY SEMINARY FITNESS

## Workout Challenge #7

Warm up & Stretch

Perform 3 sets of 20:

**Pushup High 5's (use modified position if needed)**

**Wall sits with rotational medicine ball pass**

**Turkish get-ups**

**Russian twists (add weighted medicine ball to increase challenge)**

**Resistance band seesaw**

### Descriptions:

**Pushup High 5's-** Partners face each other in the pushup position. After each pushup performed, the partners give each other a high 5. Switch which arm you use for the high 5 each time. Complete 20 total pushups per set.

**Walls sits with rotational pass-** Both partners sit in a squat position against the wall. Partner A takes the medicine ball and rotates their core to pass the ball to Partner B beside them. Partner B continues the rotation by tapping the ball against the wall on the side opposite from their partner, then rotates the ball back to hand it off to Partner A. Each person completes 20 ball rotations to complete one set.

**Turkish get-ups-** Both partners grab a moderate to heavy weighted dumbbell. Perform 10 Turkish getups on each side before switching. One set equals 20 total reps.

**Resistance band seesaw-** Partners stand facing each other holding a moderate to heavy resistance band firmly in both hands. Stand far enough apart to have tension on the band. Partner A squats down holding the band while Partner B performs an overhead frontal raise with both arms straight. Partner B then squats down while Partner A performs the overhead frontal raise. Perform these fast enough to create a "seesaw" effect with the band. Stand further apart or choose a heavier band to increase the challenge. One rep is completed when each partner has performed a squat and overhead raise.



# ASBURY SEMINARY FITNESS

## Workout Challenge #8

\*Complete in the basketball gym\*

### Warm up & Stretch

**Chest Pass (w/medicine ball) shuffle– 3 sets of 10**

**Lying Leg Throwdowns- 3 sets of 20**

**Stadium Runs- 3 sets of 10**

**Side plank w/ rotation t-taps- 3 sets of 20**

**Wheelbarrow walks- 3 sets of 3**

### Descriptions:

**Chest pass shuffle-** Partners stand at the baseline a few feet apart while facing each other. Partner A holds a medicine ball chest level. Both partners shuffle down to midcourt and back while tossing the medicine ball back and forth to each other. Down and back is one rep.

**Side plank with rotation t-taps-** Partners set up back-to-back in a side plank. Each partner will rotate reaching under themselves to tap their partner's hand as well as rotate up to tap their partner's hand at the top of the side plank. Tapping hands below and above counts as one complete rep.

**Wheelbarrow walks-** Partner A performs a plank. Partner B grabs Partner A's ankles holding their feet off the ground. Together, forming a "wheelbarrow," Partner B walks holding Partner A's ankles while Partner A hand walks to midcourt. Partners switch positions at midcourt. A rep is complete when each person has taken a turn in both positions. Perform 3 reps each set for a total of 3 sets.