

Women's Crew

Workout 1

Legs, Shoulders & Core

3sets/12reps all exercises with 1.5 minutes rest in between sets

Warm Up – 5 min light jog, walking lunges, arm circles (low intensity)

STRETCH – all major muscle groups

Barbell Back Squats

Barbell Military Press

Side Lunges w/ barbell

Dumbbell Lateral Raises

Side Plyo Box Jumps (12reps each leg)

Front Squat into Dumbbell Military Press

Whole Body Crunch w/ Medicine Ball

Medicine Ball Partner Tosses (10reps each side) *or against the wall*

STATIC STRETCH