

Women's Crew

60 min Workout

Circuits

5 groups of 4 people – 2 minutes each station - 1 minute intervals at each station

7min Dynamic Warm-Up

1 – BOSU Squats – blue down / Planks on BOSU blue up

2 – Wide Grip Bent Row w/ Body Bar / Standing Oblique Twist w/ Body Bar

3 – Biceps Curl into Military Press w/ Dumbbells / Step Strides on BOSU

4 – Rest Station

5 – Crab Walk / Side Shuffle (mark distances w/ cones)

6 – Side Plyo Box Jumps (6 inches) / Flutter Kicks

7 – Rest Station

8 – BOSU Lunges / Dumbbell Floor Press

9 – Turkish Get-up

10 – Rest

7min Static Stretching