

The Schaefer Workout

Directions: This workout includes eight total rounds and exercises should be completed in numerical order (1-6). You may not start an exercise until the previous has been fully completed. You may rest as needed. The clock stops when you complete the last exercise of the 8th round. If you are unsure of how to complete an exercise, refer to the videos on Schoolwires. Good luck!

1. Hands up push-ups x 10
2. Drop Squats x 10
3. Supermans x 10
4. Burpees x 5
5. Alternating Pikes x 10 (5/ side)
6. Speed Skaters x 10/ side

Total Time: ____minutes ____seconds

Date Completed: _____

Parent/ Guardian Signature: _____

