

East Whiteland Township Fitness Challenge Circuit

“TRAIN LIKE YOU FIGHT”

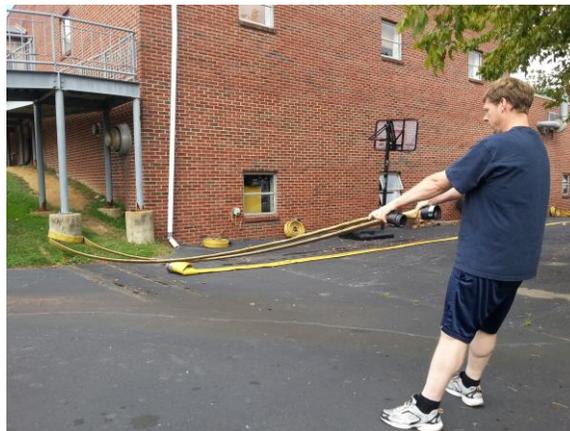
This workout of the day (WOD) should take you approximately 30 minutes to complete.

Station #1) Hydrate

Stretch and warm up as you prefer

Station #2) Battle Rope Arm Exercise

Using a 50' length of 2 ½" hose, wrap it around a solid post and alternate upward and downward movements of both arms. “Whip” the hose with each arm, 30 per side. Walk approximately 25 feet to station #3.



Station #3) Box Jump

Using three (3) pallets with plywood on top or something similar that will be stable, execute 20 box jumps. Walk 25' to station #4.



Station #4) Hose Pull

Using a 100' length of 5" hose, kneel to one side and pull 50' toward and past yourself; at 50', switch sides and use opposite arm to pull the remaining 50'. Walk hose back to ready position. Walk 100' to station #5.



Station #5) ½ Mile run/jog/walk

Complete a ½ mile circuit at your best pace without stopping. East Whiteland FFs can begin at stop sign at Prospect Avenue and move up Prospect Avenue to Lancaster Avenue, then turn around and return to the stop sign. Walk 100' to station #6.

Station #6) Hose Roll Press

Using a rolled 50' length of 2 ½" hose, complete 20 overhead presses. Begin at waist level, and press hose overhead. Complete this in two (2) 10 press sets with 30 seconds of rest between sets. Remain in same location for station #7.



Station #7) Hose Rotation Mobility Station

Using the same hose roll from station #6, keeping feet planted and maintaining long, tall spine, extend hose to one side, then rotate to opposite side. If using a partner, stand at arm's length apart and pass hose to partner. Once partner completes rotation, accept hose and begin next rep. Complete 20 reps. Walk 10' to station #8.



Station #8) Tire Strike

Using a 16 lb. sledge hammer, complete 10 swings per side. Strike the tire with a controlled swing to avoid "bouncing". Walk 10' to station #9.



Station #9) Plank

Assume plank position and hold plank for 60 seconds. Plank can be done on hands, fists, forearms, or fingers. Walk 10' to station #10.



Station #10) Battle Rope Arm Exercise

Repeat station #2. This time, “whip” both arms at the same time. Complete 30 reps.



Station #12) Rehab

Rest, rehydrate.