



WELLSPORT

Celtic Cowboys- Perform Workout 1

Warm-Up Exercise	Reps	Sets
World's Greatest Stretch	15	2
Deadbug	12 kicks each side	2
Sidebridge	5 reps with 5 sec hold	2
Single leg bridge	10	2

Exercise Group 1	Reps	Sets	Hold
Single leg runners	12	2-3	
Fwd/Bwd & Side Crawl	20 sec & 20 sec	2-3	
Split Squat	10	2-3	

Exercise Group 2	Reps	Sets	Hold
Curtsy Lunge	10	2-3	
Mountain Climber Fwd & Diagonal	30 sec & 30 sec	2-3	
Superman	8	2-3	

Finisher	Reps	Sets	Hold
Wall Jumps	20 secs	1-2	30 sec rest b/w exercises
Squat Jumps	20 secs	1-2	30 sec rest b/w exercises
180 Jumps	20 secs	1-2	30 sec rest b/w exercises

Notes:



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Celtic Cowboys- Perform Workout 2

Warm-Up Exercise	Reps	Sets
Kneeling hip flexor stretch	30 sec	2
Side-lying hip abduction	15	2
Air Squats	15	2
Plank or plank saw	45 secs-1 min	2

Exercise Group 1	Reps	Sets	Hold
Side-stepping with band	12-15 steps each way	2-3	
Bulgarian Split Squat	10	2-3	
Plank ups	30-45 secs	2-3	

Exercise Group 2	Reps	Sets	Hold
Lunge with rotation	12	2-3	
Leg lowering	30 sec	2-3	
Calf Raise (single or double)	8	2-3	

Finisher	Reps	Sets	Hold
Frog Jumps	20 secs	1-2	30 sec rest b/w exercises
Single leg bounding	20 secs	1-2	30 sec rest b/w exercises
Wall jumps	20 secs	1-2	30 sec rest b/w exercises

Notes:



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Celtic Cowboys- Perform with Equipment

Warm-Up Exercise	Reps	Sets
Deadbug Band on feet	12 kicks each leg	2
Bridge with single arm pec fly	10 each arm	2
Sidebridge	5 reps/5 sec hold	2
Clamshell	12	2

Exercise Group 1	Reps	Sets	Hold
Goblet squat	10	2-3	
Copenhagen	30-45 secs	2-3	
Cossacks/lateral lunge	12	2-3	

Exercise Group 2	Reps	Sets	Hold
Hip thrust	10-12	2-3	
Single leg RDL	10	2-3	
Plank ups	30 secs	2-3	

Finisher	Reps	Sets	Hold
Frog jumps	20 secs	1-2	
180 jumps	20 secs	1-2	
Single leg bounding	20 secs	1-2	

Notes:

Choose weight based on number of reps