



Bear Walk

Begin your workout with 3 laps of Bear Walking down and back across the field.



Chair Dip

Run over to the benches on the side of the field, and complete 5 sets of 10 dips, with a 30-second rest between each set.



Split Jump

Complete 3 sets of Split Jumps x 60 seconds, with a 60-second rest between each set. Don't let your front knee drop inward.



Partner Get-up

Find a partner and alternate 3 sets of 10 Partner Get-ups. Hold your partner's legs firmly. Congrats - you made it through the first half!