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Tear out and take home!





RUNNING WORKOUTS

	1	2	3
#1	Run up and down stairs 10 times. <i>(Repeat 3 times)</i>	Run to end of block & back. <i>(Repeat 5 times)</i>	Run 2 minutes, walk 1 minute. <i>(Repeat 5 times)</i>
#2	Run to end of block & back, rest for 2 minutes. <i>(Repeat 6 times)</i>	30 second wall sit, 5 burpees, 10 pushups, 8 jump squats, 50 high knees, 20 walking lunges. <i>(Repeat 3 times)</i>	Run 2 minutes, walk 1 minute. <i>(Repeat 6 times)</i>
#3	Run 3 minutes, walk 1 minute. <i>(Repeat 5 times)</i>	10 squats, 10 pushups, 10 situps, run 1 minute. <i>(Repeat 5 times)</i>	Run 10 minutes without walking.
#4	Run up and down stairs 20 times.	30 mountain climbers, 10 bicycle crunches, 10 burpees, 10 crunches, 10 jump squats, 20 second plank. <i>(Repeat 5 times)</i>	Run 12 minutes without walking.
#5	Sprint one block, rest 2 minute. <i>(Repeat 10 times)</i>	Run 3 minutes, walk 1 minute. <i>(Repeat 5 times)</i>	Run 1 mile without walking.
#6	Run 4 minutes, walk 1 minute. <i>(Repeat 4 times)</i>	30 second wall sit, 5 burpees, 10 pushups, 8 jump squats, 50 high knees, 20 walking lunges. <i>(Repeat 5 times)</i>	Run 1 mile without walking.
#7	Run 3 minutes, walk 1 minute. <i>(Repeat 6 times)</i>	10 squats, 10 pushups, 10 situps, run 2 minutes. <i>(Repeat 5 times)</i>	Run 1.5 miles walking as little as possible.
#8	Run 5 minutes, walk 2 minutes. <i>(Repeat 4 times)</i>	10 jumping jacks, 20 high knees, 30 mountain climbers, 20 ski hops, 10 frog hops, rest 3 minutes. <i>(Repeat 3 times)</i>	Run 10 minutes without walking.
#9	Run 15 minutes, walk as little as possible.	20 lunges, 20 soup can presses, 20 crunches, 20 squats, 20 soup can curls. Rest 2 minutes. <i>(Repeat 3 times)</i>	Run 1.5 miles walking as little as possible.
#10	Run 4 minutes, walk 1 minute. <i>(Repeat 5 times)</i>	30 minute walk.	Run 2 miles walking as little as possible.
#11	Run 3 minutes, walk 1 minute. <i>(Repeat 5 times)</i>	10 squats, 10 pushups, 10 sit-ups, run 2 minutes. <i>(Repeat 5 times)</i>	Run 1.5 - 2.5 miles walking as little as possible.
#12	Rest.	30 second wall sit, 5 burpees, 10 pushups, 8 jump squats, 50 high knees, 20 walking lunges. <i>(Repeat 5 times)</i>	15 minute walk.

YOGA WORKOUTS

www.biogirls.org/participant-resources

CROSS TRAINING WORKOUTS

Warm Up

2 Rounds: 10 squats 10 pushups 10 burpees 10 leg crossovers 10 alternating lunges

#1 21 - 15 - 9 of air squats and pushups

5 Min. plank (split time up as needed)

#2 **5 Minute AMRAP** (As many reps/rounds as possible):
10 air squats 10 pushups 10 situps

5 Minute AMRAP (As many reps/rounds as possible):
jump rope

#3 **5 Rounds:** 1 forward roll 15 squat jumps 20 glute bridges 25 jump ropes

#4 **5 Rounds:** 25 burpees 25 lunges 25 tuck jumps 25 jump ropes

#5 100 pushups 100 situps 100 squats 100 jump ropes

#6 50 jump ropes 50 situps 50 mountain climbers (each leg counts as 1)
50 situps 50 lunges 50 burpees 50 situps

2 min. pike hold - upside down (split time up as needed)

#7 **5 Rounds:** 2 min. run 2 min. walk

2 min. pike hold - shoulder/hip taps (split time up as needed)

#8 **20 Minute EMOM** (Every minute on the minute complete the following):
jumping jacks v-ups mountain climbers toe touches jump ropes

#9 20 supermans 20 v-ups 20 jump ropes 20 supermans 20 v-ups
20 jump ropes 20 russian twists 20 burpees 20 jump ropes
20 russian twists 20 burpees 20 jump ropes

#10 2 min. pike hold - shoulder/hip taps (split time up as needed)
8 Rounds: 1 min. plank 30 sec. right plank 30 sec. left plank rest 1 min.

#11 4 min. jump ropes
4 Rounds: 12 thrusters (use objects for weights in your hands) 12 inch worms



PROGRESS TRACKER

MY GOAL IS TO

Instructions:

1. Tear this page out & bring it home.
2. Hang it somewhere visible at home.

During your BIO Girls Season:

Check off the days you complete a workout.

This tracker allows you to see your progress! There is no need to bring this tracker to BIO Girls.

HAVE FUN working towards your goal!

	SUN	MON	TUES	WED	THURS	FRI	SAT
1	<input type="checkbox"/> DONE!	<input type="checkbox"/> DONE!	<input type="checkbox"/> DONE!	<input type="checkbox"/> DONE!	<input type="checkbox"/> DONE!	<input type="checkbox"/> DONE!	<input type="checkbox"/> DONE!
2	<input type="checkbox"/> DONE!	<input type="checkbox"/> DONE!	<input type="checkbox"/> DONE!	<input type="checkbox"/> DONE!	<input type="checkbox"/> DONE!	<input type="checkbox"/> DONE!	<input type="checkbox"/> DONE!
3	<input type="checkbox"/> DONE!	<input type="checkbox"/> DONE!	<input type="checkbox"/> DONE!	<input type="checkbox"/> DONE!	<input type="checkbox"/> DONE!	<input type="checkbox"/> DONE!	<input type="checkbox"/> DONE!
4	<input type="checkbox"/> DONE!	<input type="checkbox"/> DONE!	<input type="checkbox"/> DONE!	<input type="checkbox"/> DONE!	<input type="checkbox"/> DONE!	<input type="checkbox"/> DONE!	<input type="checkbox"/> DONE!
5	<input type="checkbox"/> DONE!	<input type="checkbox"/> DONE!	<input type="checkbox"/> DONE!	<input type="checkbox"/> DONE!	<input type="checkbox"/> DONE!	<input type="checkbox"/> DONE!	<input type="checkbox"/> DONE!
6	<input type="checkbox"/> DONE!	<input type="checkbox"/> DONE!	<input type="checkbox"/> DONE!	<input type="checkbox"/> DONE!	<input type="checkbox"/> DONE!	<input type="checkbox"/> DONE!	<input type="checkbox"/> DONE!
7	<input type="checkbox"/> DONE!	<input type="checkbox"/> DONE!	<input type="checkbox"/> DONE!	<input type="checkbox"/> DONE!	<input type="checkbox"/> DONE!	<input type="checkbox"/> DONE!	<input type="checkbox"/> DONE!
8	<input type="checkbox"/> DONE!	<input type="checkbox"/> DONE!	<input type="checkbox"/> DONE!	<input type="checkbox"/> DONE!	<input type="checkbox"/> DONE!	<input type="checkbox"/> DONE!	<input type="checkbox"/> DONE!
9	<input type="checkbox"/> DONE!	<input type="checkbox"/> DONE!	<input type="checkbox"/> DONE!	<input type="checkbox"/> DONE!	<input type="checkbox"/> DONE!	<input type="checkbox"/> DONE!	<input type="checkbox"/> DONE!
10	<input type="checkbox"/> DONE!	<input type="checkbox"/> DONE!	<input type="checkbox"/> DONE!	<input type="checkbox"/> DONE!	<input type="checkbox"/> DONE!	<input type="checkbox"/> DONE!	<input type="checkbox"/> DONE!
11	<input type="checkbox"/> DONE!	<input type="checkbox"/> DONE!	<input type="checkbox"/> DONE!	<input type="checkbox"/> DONE!	<input type="checkbox"/> DONE!	<input type="checkbox"/> DONE!	<input type="checkbox"/> DONE!



ACCOUNTABILITY SLIPS

Let's practice being accountable!

Instructions:

1. Tear this page out & bring it home.
2. Cut out the slips below.

Each week:

1. Check off the workouts you complete
2. Bring slip to BIO Girls.



<p>Workout 1 Workout 2 Workout 3</p> <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>BRING BACK FOR SESSION 2</p>	<p>Workout 1 Workout 2 Workout 3</p> <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>BRING BACK FOR SESSION 8</p>
<p>Workout 1 Workout 2 Workout 3</p> <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>BRING BACK FOR SESSION 3</p>	<p>Workout 1 Workout 2 Workout 3</p> <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>BRING BACK FOR SESSION 9</p>
<p>Workout 1 Workout 2 Workout 3</p> <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>BRING BACK FOR SESSION 4</p>	<p>Workout 1 Workout 2 Workout 3</p> <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>BRING BACK FOR SESSION 10</p>
<p>Workout 1 Workout 2 Workout 3</p> <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>BRING BACK FOR SESSION 5</p>	<p>Workout 1 Workout 2 Workout 3</p> <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>BRING BACK FOR SESSION 11</p>
<p>Workout 1 Workout 2 Workout 3</p> <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>BRING BACK FOR SESSION 6</p>	<p>Workout 1 Workout 2 Workout 3</p> <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>BRING BACK FOR SESSION 12</p>
<p>Workout 1 Workout 2 Workout 3</p> <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>BRING BACK FOR SESSION 7</p>	







**GO CONFIDENTLY, KIDDO.
GO LIFT OTHERS UP. SPREAD KINDNESS. SET
BIG GOALS. BE A GOOD FRIEND. BE YOURSELF.
BE GENEROUS. STAND UP FOR YOURSELF. SPEAK YOUR
MIND, ALWAYS. DON'T LET ANYONE TELL YOU THAT YOU
CAN'T DO SOMETHNG. YOU WERE BORN FOR THIS.
YOU ARE FEARFULLY & WONDERFULLY MADE.**

YOU, ARE BEAUTIFUL INSIDE & OUT.

www.biogirls.org