

JOHN BENTON

WORKOUT **THREE**

Equipment needed: WASHCLOTH OR SLIDING DISCS

Time needed: 45 – 60 MINUTES

- 5 MIN. JOG ON TREADMILL AT 5.0 - 6.0 *or* 10-15 MIN. LIGHT JOG OUTSIDE
or 3 SETS OF 2 MIN. HEEL TO BUTT JOGGING IN PLACE

3 SETS

- 50 HIP TWIST JUMPS
- 12 CROSS LEG PIKES ON EACH SIDE

3 SETS

- 50 HALF JACKS OR 2 MIN. JUMP ROPE
- 30 PLANK TWISTS
- 20 HAMSTRING SLIDES

3 SETS

- 50 STEPS RUNNING IN PLACE WITH 2-3 LB. ANKLE WEIGHTS (HEEL TO BUTT)
- 30 HUMAN SAWS WITH WASH CLOTH, SLIDING DISCS, OR BODYWEIGHT
- 20/20 INNER THIGH CIRCLES W/ ANKLE WEIGHTS