

WARM UP: cowboy music, light to moderate intensity, rolls, open ups, and light cardio

*BARNs at fair grounds

CARDIO tabata

Bull ride run forwards; SPRINT after the horses; HIGH KNEES giddy ups; GIDDY UP, shuffles

UPPER BODY WEIGHTED ROPING (USING A WEIGHT)

ROPING CIRCLES RIGHT ARM; LATERAL ARM CIRCLES FORWARD; ROPING OVERHEAD CIRCLES LEFT ARM; LATERAL ARM CIRCLES REVERSE

UPPER YARD WORK OFF THE WATERIN HOLE POSTS

Elevated bar pushups; Under lying pull ups; TRICEP dips RIGHT LEG LIFT (then alternate); Pull up: HOLDS

CARDIO POST

Donkey jump overs; Guide the pigs; MOUNTAIN PUSHES; Edge post squat pull ups STAIR WAY STEP UPS right lead/ alternate with left lead

TREE WORK Lower BODY WEIGHTED

Squat hold with overhead press; One leg lung with chest flies; TREE HUG: squat facing knee pulse presses; Squat forward weight press

CURTSY POST WORK

left curtsy lunge pulses; Cutsy leg lift right; Full curtsies; Curtsy hold small pulses

Right: Repeat above

POST CORE WORK

Plank diver; V PRESS; FLUTTERS; REVERSE PLANK LEG LIFT tp bar