

## **GIULIA CAMMARANO'S FIELD CIRCUIT WORKOUT #1**

**Focus: Speed and Muscular Endurance**

- **Complete 3 rounds of circuit**
- **30 seconds rest in between each round**
- **Jog 2 laps around field to warm up**

| Exercise                        | Repetitions or Duration |
|---------------------------------|-------------------------|
| 1. Drop Squats                  | 15 reps                 |
| Run 50 yards down and walk back | 2 times                 |
| 2. Sit-ups                      | 15 reps                 |
| Run 50 yards down and walk back | 2 times                 |
| 3. Walk out to a push-up        | 5 reps                  |
| Run 50 yards down and walk back | 2 times                 |
| 4. Full body crunch             | 15 reps                 |
| Run 50 yards down and walk back | 2 times                 |