

GIULIA CAMMARANO'S FIELD CIRCUIT WORKOUT #2

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. Split squat jumps	8 reps
Run 50 yards down and walk back	2 times
2. Reverse crunches	15 reps
Run 50 yards down and walk back	2 times
3. Butterfly glute bridges	15 reps
Run 50 yards down and walk back	2 times
4. High plank reach backs	8 reps
Run 50 yards down and walk back	2 times