

GIULIA CAMMARANO'S FIELD CIRCUIT WORKOUT #3

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. Alternating Jumping Lunges	8 reps/leg
Run 50 yards down and walk back	2 times
2. Spider crunches	8 reps/leg
Run 50 yards down and walk back	2 times
3. Squats	25 reps
Run 50 yards down and walk back	2 times
4. Lateral shuffle 20 yards down and back	2 times
Run 50 yards down and walk back	2 times