

GIULIA CAMMARANO'S FIELD CIRCUIT WORKOUT #4

Focus: Speed and Core Strength

- **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. Reverse lunge to single leg hop or knee tuck	8 reps/leg
Run 50 yards down and walk back	2 times
2. High plank shoulder taps	8 reps/side
Run 50 yards down and walk back	2 times
3. Bicycle crunches	25 reps/side
Run 50 yards down and walk back	2 times
4. Sprint 20 yards down and backpedal back	2 times
Run 50 yards down and walk back	2 times