Swedish Drill™ Revisited IV

An Advanced Routine With Optional Variations

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SAMPLE

Butt kicks ***Walking jacks***

How can you utilize these exercises together to generate an aerobic workout? I command my sons through the following routine as a warm-up.

1) Jog down to the end and then back pedal to the starting position.
2) Skip down, then turn around and skip back again.
3) Perform the lateral shuffle with bent knees and ward to the end and return facing the same direction.
4) Perform walking lunges - with a twist in the forward knee - down and back.
5) High knees down and then the starting position.
6) Karaoke down and back facing tion the entire time.
7) Butt kicks down the starting position.
8) Walking jacks with emphasis reaching the arms and using the muscles of the outer and inner thighs.

I recommend your first workouts by allowing a 15-30 second rest in between each "down and back" and gradually decreasing this rest until it is a mere 5-seconds, and ultimately performing the circuit without rest.

Demonstration of cardio routine:

After completing the above warm-up, students will transition to performing the movements for a greater distance and longer time period, therefore demanding a greater cardio burst, using the combinations on the next page.

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1) Sprint forward, lateral shuffle across, back pedal back, lateral shuffle across

Reversal of ro
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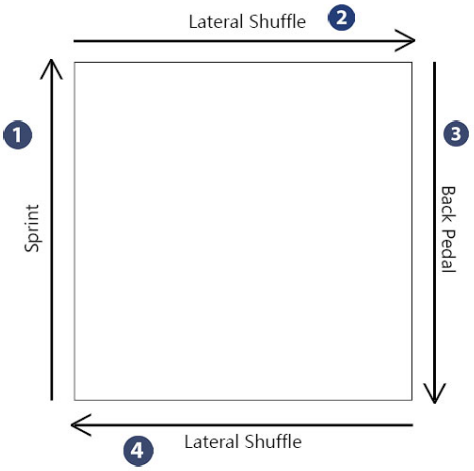
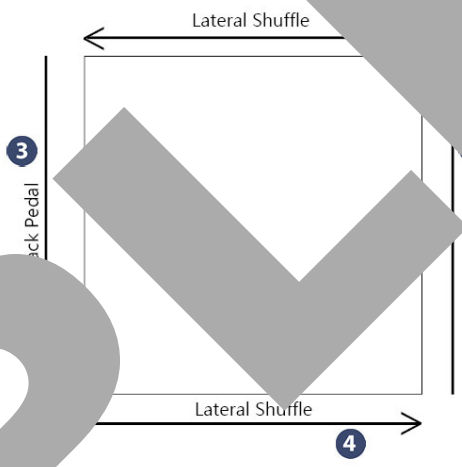
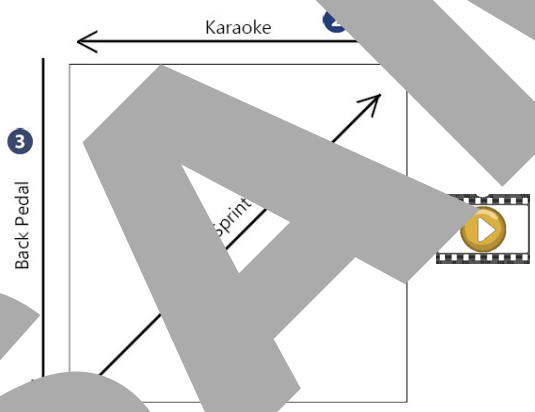
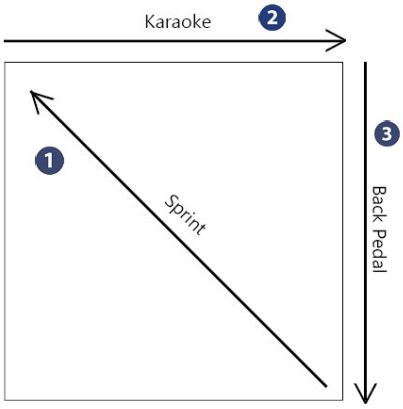




2) Sprint on diagonal, ka oke acr ac back to start

Reversal





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References

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