

# Git-Fit June Workout Plan

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**Coach Chico Potts  
FY 2019-2020**

## **Git-Fit June Workout (week 1)**

**Monday-** Walk 2 laps around the track or 1/2 mile

**Tuesday- (3 sets w/ 30sec. rest between each)**

10 X-treme Jumping Jacks

10 Lateral Ski-Jumps

5 Jump Burpees

5 Jump Lunges

**Wednesday-** Rest

**Thursday-** Walk 2 laps around the track or 1/2 mile

**Friday- (3 sets w/ 30sec. rest between each)**

10 X-treme Jumping Jacks

10 Lateral Ski-Jumps

5 Jump Burpees

5 Jump Lunges

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## **Git-Fit June Workout (week 2)**

**Monday-** Walk 2 laps around the track or 1 mile

**Tuesday- 3 sets w/ 25 sec. rest between each)**

20 Jumping Jack

20 Criss/Cross Squat

20 Jump Kicks

20 second "RUN" in place

**Wednesday- Rest**

**Thursday-** Walk 2 laps around the track or 1 mile

**Friday- 3 sets w/ 25 sec. rest between each)**

20 Jumping Jack

20 Criss/Cross Squat

20 Jump Kicks

20 second "RUN" in place

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### **Git-Fit June Workout (week 3)**

**Monday-** Walk 4 laps around the track or 1.5 mile

**Tuesday- 3 sets w/ 20sec. rest between each)**

30 Jumping Jacks

10 Burpee Push-ups

30 High Knees

20 Jump Squats

**Wednesday- Rest**

**Thursday-** Walk 4 laps around the track or 1.5 mile

**Friday- 3 sets w/ 20 sec. rest between each)**

30 Jumping Jacks

10 Burpee Push-ups

30 High Knees

20 Jump Squats

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### **Git-Fit June Workout (week 4)**

**Monday-** Walk 6 laps around the track or 2 miles

**Tuesday- 3 sets w/ 20sec. rest between each)**

25 X-treme Jumping Jacks

20 Lateral Ski-Jumps

15 Jump Burpees

10 Lunges w/ Core Twist

**Wednesday- Rest**

**Thursday-** Walk 6 laps around the track or 2 miles

**Friday- 3 sets w/ 20 sec. rest between each)**

25 X-treme Jumping Jacks

20 Lateral Ski-Jumps

15 Jump Burpees

10 Lunges w/ Core Twist