WARRIOR WORKOUTS

All Fitness Levels Are Welcome!

Wednesdays | 6 PM to 7 PM
Diné College Tsaile Gymnasium
Note: Muddy shoes not permitted in the Gym

Oct. 14

Full Body Workout 3 x 10
Push-ups
Planks
Triceps dips
Decline/Incline Push-ups
Kettlebell Thruster/Curls

Oct. 21

Full Body Workout 3 x 10
Medicine Ball Slams
Wall Sits
Burpees
Medicine Ball Thrusters
Mountain Climbers with Med. Ball

Nov. 4

Full Body Workout 3 x 10
Kettleball Goblet Squats
Kettleball Swings
Kettle Snatch
Kettle Calf Raises
Glute Bridges and Hip Thrusts

Nov. 12

Full Body 3 x 10
Mountain Climbers
Bear Claws
Wall Sits
Burpees

Nov. 18

Full Body Workout 3 x 10
Kettle Thruster
Kettlebell Snatch
Kettlebell Bent-Over Rows
Kettlebell One Arm Rows
Kettlebell Cable Standing Rows
Kettlebell Sumo High Pull

Dec. 2

Full Body Workout 3 X 10
Mountain Climbers
Bear Claws
Wall Sits
Burpees
Superman Hold
Bird dog
Reverse Plank
Reverse Snow Angels

Dec. 9

Complete Body Mass Index
Push-ups
Crunches
Planks
Pull-up
Chin-up

Attend 3 sessions to get a yoga mat, 5 sessions for a T-shirt and water bottle, or crush all 7 sessions to take home the Grand Prize!



What to Know:

- *Bring your own water bottle, dress comfortably, and feel free to bring your own yoga mat if you have one!*

Matthew Werito will be assisting with the Warrior Workout series.

For More Information: dcathletics@dinecollege.edu | wellness@dinecollege.edu