

New Shoes for My Wife on Fatherâ€™s Day and A Workout

Description

Happy Fatherâ€™s Day to all dads out there! Without us, there would be no kids to be father to. Then again, same could be said for all mothers. But we already celebrated them last month, so YAY us!



Fine, to avoid getting hit (too much), YAY all Moms too! I love and appreciate all my wife does, thatâ€™s for sure. ðŸ™,



Speaking of Moms, I was so kind as to get Going Mom some new shoes even though it is *Father*™s Day. Yep, four of them to be exact, and they were not cheap! I™m not one for fashion, but when it comes to performance and reliability, I™m all about it. Which is why her new shoes are all identical and look like this€.



Be honest, how many of you already knew I was talking about tires? Her car was overdue for a new set and as a car enthusiast and someone who used to work on them every day, I happily researched and settled on these beauties. Nothing extreme, but better than OEM. So thanks to Tire Rack for shipping to a local tire shop to have them installed.

I hated not being able to do it myself since I used to do it all the time, but that requires a special machine I obviously don™t have access to anymore. Plus, I was able to make good use of the 90+ minute wait time by heading to a place nearby with an outdoor fitness area. The only bad thing was that I had to walk across hell™s parking lot.



Luckily, I survived and made it to my destination. It wasnâ€™t much, but had all I needed for what I planned on doing.



After a brief warm-up, I did slightly altered version of the Crossfit benchmark WOD “Cindy”. Instead of pull-ups, I opted for chin-ups and did as many rounds as possible in 20 minutes of:

5 chin-ups

10 push-ups

15 body weight squats

I love this routine as you can do it almost anywhere, and as long as you go hard for that 20 minutes, you’ll feel it! I’m not great at chin-ups, so that always slows me down, but practice makes perfect slightly better than before. I usually have a pen and paper to mark each round I complete, but since I didn’t have that, the wood chips had to do.



Yeah, 16 rounds. Not my best, but I was going off of only black coffee at the time in my defense. Now that I'm another year older, I have a little thing I must do every day. Last year, for 30, I did 31 1-legged squats/leg + 31 push-ups almost every day. If I didn't do that, I did 31 burpees + 31 push-ups. It's always one more than my age.

This year, I'm sticking with 32 split squats/leg + 32 push-ups. The split squats really let you feel it the next day and I'm happy I chose them to do every day! You should try too. Find a move you could safely do every day and do reps of that move for how many years old you are. It's great to say you did *something*, and might motivate you keep going.

For instance, after the WOD, and my 32 squats/push-ups, I went ahead and finished off my legs with 100 walking lunges/leg. Then walked around another 30 minutes until the tires were finally ready. Yep, I have no legs now!.

No clue whatâ€™s in store for today, but if Kelley really knows me, itâ€™s a whole lot of not much at all. And a Ferrari. ðŸ™,

Hope everyone is having a happy Fatherâ€™s Day or just an awesome day if youâ€™re not celebrating!

Do you ever find ways to keep active instead of sitting in a waiting room?

If you said no, are you going to try next time your car is in the shop or something else?

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