Stations of the Cross Workout

1st Station: Jesus is condemned to death

Exercise: 2 minute wall sit

Find a wall in your house and do a “roman chair” – sit down with your back straight against the wall and your knees bent to a 90 degree angle so you are sitting in a perfect invisible chair. If this is too easy for you, consider holding a weight.

Intention: The persecuted Christians in the Middle East

Leader: We adore you oh Christ and we praise you.

Class: Because by your Holy Cross you have redeemed the world.

**Reader:**  
Then Jesus came with them to a place called Gethsemane, and he said to his disciples, "Sit here while I go over there and pray." He took along Peter and the two sons of Zebedee, and began to feel sorrow and distress. Then he said to them, "My soul is sorrowful even to death. Remain here and keep watch with me." He advanced a little and fell prostrate in prayer, saying, "My Father, if it is possible, let this cup pass from me; yet, not as I will, but as you will." When he returned to his disciples he found them asleep. He said to Peter, "So you could not keep watch with me for one hour? Watch and pray that you may not undergo the test. The spirit is willing, but the flesh is weak."

**Reflection: Let us let our flesh be willing – especially when entering more fully into the Triduum liturgies – let us be conscious and aware of our body language as Mother Church reaches us through these very sensorial and very physical liturgical celebrations.**

2nd Station: Jesus Carries His Cross

Exercise: Sand Bag Carry or Relay

Using a larger sized weight (or a sandbag if you have one!) carry the weight from one side of your backyard or driveway to the other and back. Continue doing this either as a relay with family members, or on your own.

Intention: The persecuted Christians in Africa

Leader: We adore you oh Christ and we praise you.

Class: Because by your Holy Cross you have redeemed the world.

**Reader:** Then, while [Jesus] was still speaking, Judas, one of the Twelve, arrived, accompanied by a crowd with swords and clubs, who had come from the chief priests, the scribes, and the elders. His betrayer had arranged a signal with them, saying, "the man I shall kiss is the one; arrest him and lead him away securely." He came and immediately went over to him and said, "Rabbi." And he kissed him. At this they laid hands on him and arrested him.

**Reflection: Jesus accepts His cross without complaint.**

3rd Station: Jesus falls the First Time.

Exercise: 3 minutes of flutter kicks

Laying on the ground on your back, placing your hands behind (under) your lower back or backside for additional support, lift both straightened legs (toes pointed if possible) and scissor kick with a range of approximately 1 foot to 6in off the ground. Continue this for as long as possible.

Intention: The persecuted Christians in North Korea, and China

Leader: We adore you oh Christ and we praise you.

Class: Because by your Holy Cross you have redeemed the world.

**Reader:** When day came the council of elders of the people met, both chief priests and scribes, and they brought him before their Sanhedrin. They said, "If you are the Messiah, tell us," but he replied to them, "If I tell you, you will not believe, and if I question, you will not respond. But from this time on the Son of Man will be seated at the right hand of the power of God." They all asked, "Are you then the Son of God?" He replied to them, "You say that I am." Then they said, "What further need have we for testimony? We have heard it from his own mouth."

**Reflection : Our Lord was on the ground, let us join him there with this exercise.**

4th Station: Jesus meets His Holy Mother

Exercise: Planks

Intention: All pregnant women, all mothers, especially mothers who have lost children to death.

Leader: We adore you oh Christ and we praise you.

Class: Because by your Holy Cross you have redeemed the world.

**Reader:** Now Peter was sitting outside in the courtyard. One of the maids came over to him and said, "You too were with Jesus the Galilean." But he denied it in front of everyone, saying, "I do not know what you are talking about!" As he went out to the gate, another girl saw him and said to those who were there, "This man was with Jesus the Nazorean." Again he denied it with an oath, "I do not know the man!" A little later the bystanders came over and said to Peter, "Surely you too are one of them; even your speech gives you away." At that he began to curse and to swear, "I do not know the man." And immediately a cock crowed. Then Peter remembered the word that Jesus had spoken: "Before the cock crows you will deny me three times." He went out and began to weep bitterly.

**Reflection: Think of the scene in the Passion of the Christ movie when Peter denies Jesus. He looks instantly to Mary, knowing that in his denial, he breaks her heart. How often do we break Our Mother’s Immaculate Heart when we deny her Son?**

5th Station: Simon of Cyrene helps Jesus carry His Cross

Exercise: Family Carry

Family members can team up with another of the same/close to the same size. Try to carry your brother/sister or your spouse either on your back (piggy back) or for an extra challenge, in your arms. Another way is to use a team of 3 and lock wrists creating a “seat” for your teammate. Go one length of the backyard or driveway and then switch who is carrying and who is being carried.

Intention: Those who are lonely and suffer despair

Leader: We adore you oh Christ and we praise you.

Class: Because by your Holy Cross you have redeemed the world.

***Reader***: The chief priests with the elders and the scribes, that is, the whole Sanhedrin, held a council. They bound Jesus, led him away, and handed him over to Pilate. Pilate questioned him, "Are you the king of the Jews?" He said to him in reply, "You say so." The chief priests accused him of many things. Again Pilate questioned him, "Have you no answer? See how many things they accuse you of." Jesus gave him no further answer, so that Pilate was amazed.... Pilate, wishing to satisfy the crowd, released Barrabas... [and] handed [Jesus] over to be crucified.

**Reflection**: **In both carrying your brother and allowing yourself to be carried, we appreciate that Our Lord’s humility extended even to the point of having to be in need of assistance, and needing to accept that assistance. We also read in Scripture that Simon was “pressed into” service – let us seek opportunities to humble ourselves generously and without needing to be pushed.**

6th Station: Veronica Wipes the Face of Jesus

Exercise: 25 Burpees

Intention: For victims of human trafficking

Leader: We adore you oh Christ and we praise you.

Class: Because by your Holy Cross you have redeemed the world.

**Reader:**  
Then Pilate took Jesus and had him scourged. And the soldiers wove a crown out of thorns and placed it on his head, and clothed him in a purple cloak, and they came to him and said,"Hail, King of the Jews!" And they struck him repeatedly.

**Reflection: As Veronica wipes the Sacred Face, let us remember most sincerely in our prayers, the often faceless victims of human trafficking throughout the world, and pray that in His great compassion, Our Lord’s face is what they are able to see. Let us recognize that Veronica could not do much, but she fought hard to do what she could.**

7th Station: Jesus Falls the Second time

Exercise: 3 minutes flutter kicks

Intention: For the homeless, hungry and poor

Leader: We adore you oh Christ and we praise you.

Class: Because by your Holy Cross you have redeemed the world.

**Reader:** When the chief priests and the guards saw [Jesus] they cried out, "Crucify him, crucify him!" Pilate said to them, "Take him yourselves and crucify him. I find no guilt in him." ... They cried out, "Take him away, take him away! Crucify him!" Pilate said to them, "Shall I crucify your king?" The chief priests answered, "We have no king but Caesar." Then he handed him over to them to be crucified. So they took Jesus, and carrying the cross himself he went out to what is called the Place of the Skull, in Hebrew, Golgotha.

**Reflection: Again we find ourselves lowered to the ground. Let us take this opportunity in humble silence.**

8th Station: Jesus meets the women of Jerusalem

Exercise: Team Runs

Run together around the perimeter of the backyard in a single file – as you are running, the youngest member of the family sets the pace. The last person in the file moves up to the front and continues the run – this goes on until each member of the family has been at the front of the file. Remember to maintain a pace that allows everyone to stay in a tight file.

Intention: For women in labor and for the end to abortion.

Leader: We adore you oh Christ and we praise you.

Class: Because by your Holy Cross you have redeemed the world.

**Reader:** A large crowd of people followed Jesus, including many women who mourned and lamented him. Jesus turned to them and said, "Daughters of Jerusalem, do not weep for me; weep instead for yourselves and for your children, for indeed, the days are coming when people will say, 'Blessed are the barren, the wombs that never bore and the breasts that never nursed.' At that time, people will say to the mountains, 'Fall upon us!' and to the hills, 'Cover us!' for if these things are done when the wood is green what will happen when it is dry?"

**Reflection: We rejoice that this is not the world in which we live, and that our redemption has been won. We pray fervently, especially in this most troubling time, that precious infants in their mother’s womb are protected and kept safe.**

9th Station: Jesus falls the Third Time

Exercise: Supine Bicycles 3 minutes

Reclined into a supine position, while not laying all the way down, cycle your lifted legs while simultaneously moving your elbows, which have been placed behind your head, toward the opposite knee thus crunching the abdominal muscles.

Intention: For those who have no one to pray for them.

Leader: We adore you oh Christ and we praise you.

Class: Because by your Holy Cross you have redeemed the world.

Reader: Now one of the criminals hanging there reviled Jesus, saying, "Are you not the Messiah? Save yourself and us." The other, however, rebuking him, said in reply, "Have you no fear of God, for you are subject to the same condemnation? And indeed, we have been condemned justly, for the sentence we received corresponds to our crimes, but this man has done nothing criminal." Then he said, "Jesus, remember me when you come into your kingdom." He replied to him, "Amen, I say to you, today you will be with me in Paradise."

**Reflection: As Our Lord again falls, let us remember how sweet His Mercy is as He forgives us over and over again. Again we fall and again Our Lord asks us to confess our sins and renew our strength to continue following Him.**

10th Station: Jesus is stripped of His clothes

Exercise: Line Sprints 3 times each group

Set up several lines or markers incrementally on the driveway or in the backyard. Sprint to the first line, then back to the start, then to the second, then back to the start and so on. Touch the ground each time!

Intention: For our Priests and Seminarians

Leader: We adore you oh Christ and we praise you.

Class: Because by your Holy Cross you have redeemed the world.

Reader: After they had crucified him,they divided his garments by casting lots; then they sat down and kept watch over him there. And they placed over his head the written charge against him: This is Jesus, the King of the Jews.

**Reflection: By this time in the work out, you are exhausted and asking your body to give even more in the form of sprints. As Our Lord makes it to the top of the hill following a grueling journey, He is asked to now give even more – to give all. Let us pray especially for our priests, and our seminarians.**

11th Station: Jesus is nailed to the Cross

Exercise: Squats with Weight

Find a weight or something (or baby someone) you can safely hold and squat 25 – 50 times, depending on age. Younger children need not hold any weight.

Intention: For the conversion of those who are persecuting Christians around the world

Leader: We adore you oh Christ and we praise you.

Class: Because by your Holy Cross you have redeemed the world.

**Reader:** Standing by the cross of Jesus were his mother and his mother's sister, Mary the wife of Clopas, and Mary of Magdala. When Jesus saw his mother and the disciple there whom he loved, he said to his mother, "Woman, behold, your son." Then he said to the disciple, "Behold, your mother." And from that hour the disciple took her into his home.

**Reflection: We think most especially about the cost of spreading the Faith around the world, the cost of living the faith in times and places of great persecution, and how it is our duty and responsibility to do so, even when it becomes heavy and difficult.**

12th Station: Jesus dies on the Cross

Exercise: 2 minutes of lunges in silence

Done with or without weight, in place

Intention: For the dying

Leader: We adore you oh Christ and we praise you.

Class: Because by your Holy Cross you have redeemed the world.

***Reader***: It was now about noon and darkness came over the whole land until three in the afternoon because of an eclipse of the sun. Then the veil of the temple was torn down the middle. Jesus cried out in a loud voice, "Father, into your hands I commend my spirit"; and when he had said this he breathed his last.

**Reflection: Allow your body to genuflect repeatedly. Silently.**

13th Station: Jesus is taken down from the Cross

Exercise: 2 minutes Pushups

Do as many as you can in 2 minutes, try different hand positions if you’d like but try not to stop the whole time if possible. If doing them from your knees, make sure your feet are down.

Intention: For those with no one to pray for them.

Leader: We adore you oh Christ and we praise you.

Class: Because by your Holy Cross you have redeemed the world.

Reader: And behold, the veil of the sanctuary was torn in two from top to bottom. The earth quaked, rocks were split, tombs were opened, and the bodies of many saints who had fallen asleep were raised. And coming forth from their tombs after his resurrection, they entered the holy city and appeared to many. The centurion and the men with him who were keeping watch over Jesus feared greatly when they saw the earthquake and all that was happening, and they said,"Truly, this was the Son of God!" There were many women there, looking on from a distance, who had followed Jesus from Galilee, ministering to him. Among them were Mary Magdalene and Mary the mother of James and Joseph, and the mother of the sons of Zebedee.

**Reflection: How long would Our Holy Mother have desired to sit and hold the broken body of her Precious Son in her arms?**

14th Station: Jesus is laid in the Tomb

Exercise: Rotating Plank for 3 minutes

Try doing a side plank for 10 seconds, moving to a center plank for 10 seconds, then to the other side for 10 seconds. Also you can try “walking planks” in which you tap one arm out to the side then bring it back, then the next arm and back, then a foot out and back, then the other foot.

Intention: For the Souls in Purgatory

Leader: We adore you oh Christ and we praise you.

Class: Because by your Holy Cross you have redeemed the world.

**Reader:**  
When it was evening, there came a rich man from Arimathea named Joseph, who was himself a disciple of Jesus. He went to Pilate and asked for the body of Jesus; then Pilate ordered it to be handed over. Taking the body, Joseph wrapped it [in] clean linen and laid it in his new tomb that he had hewn in the rock. Then he rolled a huge stone across the entrance to the tomb and departed.

**Reflection: We remain waiting, silently.**