

Hey Everyone! I hope you are all staying on top of your school work and your drylands, and not giving your parents a hard time :) Don't forget to email me pictures of you guys working out.

Monday, April 13, 2020

5 min stretch

10 min Jog

3x through the following circuit- Hold onto the back of a chair or sturdy stationary object for these leg raises.

*10 standing straight leg raises to the front right leg

*10 standing straight leg raises to the front left leg

*10 push ups

*10 standing straight leg raises to the side right leg

*10 standing straight leg raises to the side left leg

*10 push ups

*10 standing straight leg raises to the back right leg

*10 standing straight leg raises to the back left leg

*10 push ups

*1 minute superman hold

20 Leg lifts (on back, hands tucked under hips, raise legs up to 90* angle together then lower legs to 6 inches off ground)

30 Swimmers (on belly, arms reaching forward, eyes up, freestyle kick with alternating arms)

40 crunches

50 Supermans

Tuesday, April 14, 2020

5 min stretch

10 min jog

40 second of work, 20 seconds of rest for 8 min. 4 min rest then 40 seconds of work, 20 seconds of rest for another 8 min

-Double Foot Mountain Climbers- Both feet move in and out, like a burpee, but hands stay on the ground

-Lateral Lunges- Lunges to the side

-Yoga Push Ups- belly to ground, push up, hips to the sky, finish in downward dog

-Military Press- Arms out to the side, elbows bent, fingers pointing to the sky. Push hands up, straighten arms and touch thumbs.

- Standing Pec Flies- Arms out to the side, elbows bent with fingers pointing to the sky. Bring elbows together, open back up
- Plank Jacks
- Russian Twists- half crunch with knees bent and feet on the ground, “praying hands” with elbows pointing out, rotate trunk side to side, like you are reaching your elbows behind your body. Can make it harder by lifting feet off the ground or straightening arms
- Flat Jacks- Snow angel’s on belly

10 min stretch

Wednesday, April 15, 2020

5 min Stretch

- 5 min Jog
- 2 min Skipping
- 5 min Jog
- 3 min skipping

2x the following circuit:

2 lengths of each exercise (try to measure out at least 20 yards in your front/ back yard, sidewalk in front of your house, etc.)

- Sprint Run
- Bear Crawl
- Sprint Run
- Lunges
- Crab Walk
- Sprint Run
- Skipping
- Backwards Bear Crawl
- Sprint Run
- Inch Worm

- 40 Toe Touches
- 20 Supermans
- 30 Flutter Kicks
- 30 Supermans
- 20 Bicycle Crunches
- 40 Supermans

5 min stretch

Thursday, April 16, 2020

10 min Stretch

20 min Jog

Not for time, you can take breaks, just get in your reps!

50 Shoulder Rotations to front - Arms outstretched to the sides like a "T", thumbs up, small circles to the front.

50 Shoulder Rotations to back - Arms outstretched to the sides like a "T", thumbs up, small circles to the back.

50 Pec Flies- Arms out to the side, elbows bent with fingers pointing to the sky. Bring elbows together, open back up

60 Military Press- Arms out to the side, elbows bent, fingers pointing to the sky. Push hands up, straighten arms and touch thumbs.

40 Chest Pass- Elbows bent and at shoulder level, backs of hands as close to shoulders as possible, push straight out from chest, touch thumb and pointer finger, pull hands back keeping elbows shoulder high.

40 Streamline Raises- Arms straight, in front, finger and thumb touching (like at the end of chest pass), raise arms overhead.

50 Streamline Shrug- arms in tight streamline over head, shrug shoulders up, like you are lifting your arms and trying to get your shoulders to touch your ears. Keep head up and back straight.

200 Choice ab work. Can be 200 reps of any ab exercise or combination of ab exercises you want!

Friday, April 17, 2020

10 min Stretch

15 min Jog

Set for Time- This can be broken up however you want. The only objective is to complete all 100 reps of each exercise! Record your time b/c this will be repeated over the course of our time away as a gauge of your fitness level! Email me your times if you have been keeping track, office.lafayette@crawfishaquatics.com

100 Jumping Jacks

100 Push Ups

100 Squats

100 Sit Ups