

Monday, April 20, 2020

5 min Stretch

25 min Jog

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.

WORK ON REACTION TIME!!!!

Swimmer will need help for this one! Swimmer will stand with bent knees (almost a squat) with hands in front of shoulder, chest up. Parent or helper will then "surprise" swimmer with a "GO". When swimmer hears "GO" they will jump up as quick as they can, as high as they can, into a streamline position.

Tuesday, April 21, 2020

5 min Stretch

15 min Jog

3x's through the following circuit- Exercise explanation at the bottom of the pages. This does not have to be fast or for time, just make sure you go through the movements with purpose and try to do these sets without stopping during the exercises.

30 Standing Elbow to knee on right
30 Standing Elbow to knee on left
40 Flat Jacks- Snow angel's on belly
10 Plank Crunch with a Mule Kick with right leg
10 Plank Crunch with a Mule Kick with left leg
20 Backward Lunge with a Clamshell crunch with right leg back
20 Backward Lunge with a clamshell crunch with left leg back
50 Standing military press
15 Yoga Push Ups

5 min Stretch

Wednesday, April 22, 2020

5 min stretch
8 minutes alternating 30 Jumping Jacks and 30 stationary toe hops (like jumping rope, but with no rope!)

2 x's through the following circuit
Try to measure out at least 20 yards in your front/ back yard, sidewalk, etc.

2 lengths Sprint Run
20 Yoga Push ups

4 lengths Sprint Run
15 Yoga Push Ups

6 lengths Sprint Run
10 Yoga Push Ups

4 lengths Sprint Run
15 Yoga Push Ups

2 lengths Sprint Run
20 Yoga Push Ups

Push Up challenge- After finishing the circuit, see how many pushups you can do in 3 min! I still haven't gotten ANY pictures from my Jr W or Senior Red groups working out to post, so we would love to see you all working hard! Pictures or short videos can be sent to office.lafayette@crawfishaquatics.com

Thursday, April 23, 2020

5 min stretch

20 Min Jog

3 x through the following circuit

50 crunches

50 supermans on belly

30 Standing Elbow to knee right

30 Standing Elbow to knee left

50 double leg raises

20 mountain climbers

1 min superman hold on belly

10 min stretch to cool down

Friday, April 24, 2020

10 min Stretch

15 min Jog

Set for Time- Remember to record your time as a gauge of your fitness level! Email me your times if you have been keeping track, office.lafayette@crawlshaquatics.com

Your finish times should be getting faster! Please make sure you are keeping track of your times, even though none of you are sending them to us, you should keep track so you know if the effort you are putting in is enough, or if you need to work harder so that it's not SO hard when we get back in the pool.

100 Jumping Jacks

100 Push Ups

100 Squats

100 Sit Ups

10 Min Jog for warm down

Tuesday Exercises

Standing Elbow to knee- Standing tall with arms reaching up to the sky. Bring right knee up and right elbow down to touch lightly. Left arm continues to reach up. Reach back up with right arm as right leg reaches back down to ground at a slight angle, toes barely touching.

Flat Jacks- Snow angel's on belly

Plank Crunch with a Mule Kick- bring knee into chest, push heel back and up until leg is straight, push hips up towards sky (finish position will look like the end of a yoga push up, but one leg up)

Backward Lunge with a Clam shell crunch- Start with feet together, arms over head, thumbs touching. Step back with right foot and reach arms slightly back, should feel a little stretch in belly. Bring right knee up towards chest and fold body forward, at waist, keeping upper body, neck, and arms in line. Return right foot to ground in a backward lunge.

Can also be done with open and closing straight arms or open and closing pac flies.

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