

Exercise reminders are at the bottom of the workouts. Read them each day so that you know what you are supposed to be doing and doing them right! We are hoping to see you all REALLY soon. Work hard now so that when we do get back in the pool we can get back to where we were sooner. Miss you guys, stay safe and healthy!

**Monday 4/27/2020**

10 min Stretch

10 min Jog

45 second of work, 15 seconds of rest for 8 min. 4 min rest then 45 seconds of work, 15 seconds of rest for another 8 min

-Mountain Climbers

-Right Leg Bridge lift

-Left Leg Bridge Lift

-Backward Lunge to left high knee

-Backward Lunge to right high knee

-Yoga Push Ups

-Plank Jacks

-Double foot Mountain Climbers

40 Toe Touches

20 Supermans

30 Flutter Kicks

30 Supermans

20 Bicycle Crunches

40 Supermans

5 min Stretch

**Tuesday 4/28/2020**

10 min Stretch

1 min Jumping Jacks

1 min Jog

1 min Skipping

2 min Jumping Jacks

2 min Jog

2 min Skipping

3 Min Jumping Jacks

3 Min Jog

100 Shoulder Rotations to front

100 Shoulder Rotations to back  
60 Pec Flies  
70 Military Press  
50 Chest Pass  
50 Streamline Raises  
50 Streamline Shrug

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

### **Wednesday 4/29/2020**

5 min stretch  
10 min Jog

1 Length of your yard bear crawl (can be back yard, front yard, sidewalk, etc., try to get at least 15- 20 yards)

40 Yoga Push ups (chest to ground, push up, hips to sky (should finish in downward dog pose)

2 Lengths of your yard, lateral bear crawl to left, lateral bear crawl to right  
30 Yoga Push ups

4 Lengths 1 bear crawl, 1 right lateral bear crawl, 1 left lateral bear crawl, 1 crab walk  
20 Yoga Push Ups

5 Lengths 1 right lateral bear crawl, 1 left lateral bear crawl, 1 crab walk, 1 duck walk  
15 Yoga Push Ups

6 Lengths 1 right lateral bear crawl, 1 bear crawl, 1 left lateral bear crawl, 1 bear crawl, 2 crab walk  
10 Yoga Push Ups

1 min Superman hold

Plank Hold Challenge!!! After finishing the Pyramid's last 5 push ups, see how long you can hold a plank position!

### **Thursday 4/30/2020**

5 min stretch  
15 min Jog

4 rounds through following circuit

20 Chair Dips

25 Bridge Lift

20 Inverted PushUps

20 Standing Elbow to Knee

20 Standing Elbow to Knee

20 Squat Jumps

30 Plank Jacks

25 Flat Jacks

10 min Jog

### **Friday 5/1/2020**

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@crawfishaquatics.com](mailto:office.lafayette@crawfishaquatics.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.

100 Jumping Jacks

100 Push Ups

100 Squats

100 Sit Ups

10 Min Jog

### **Monday Exercise Reminders**

One Leg Bridge Lift- Like a regular bridge but straighten one leg and point toe towards ceiling.

Backward Lunge to left high knee (start feet together, left foot back, lunge, press up on right leg, lift left knee to chest)

Backward Lunge to right high knee (start feet together, RIGHT foot back, lunge, press up on Left leg, lift RIGHT knee to chest)

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

Plank Jacks (hold a straight arm plank, open and close legs like doing a jumping jack)

Double foot Mountain Climbers (like when you bring your feet up for burpees)

### **Tuesday Exercise Reminders**

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

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

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

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

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.

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

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.

### **Thursday Exercise Reminders**

Chair Dips- Can use anything that is stable and sturdy. Sit with thumbs under hips, elbows back, knees at 90\* angle. Lift hips off surface, lean forward slightly, and dip down keeping elbows back. Can make it harder by dipping lower, straightening legs, or lifting one leg off the ground at a time.

Bridge Lift- Lying on back, knees bent with heels near fingertips, push hips up to the sky, shoulders remain on ground.

Inverted Pushups- Use anything stable and sturdy, like a chair, couch, or bench. Feet on elevated surface. Chest to ground, push up.

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.

Squat Jumps- Squat with arms reaching towards the ground, then jump up and throw arms into a streamline

Plank Jacks- Plank arms, jump feet in and out like a jumping jack

Flat Jacks- Snow angel's on belly