

Monday, 5/4/2020

5 min stretch

1 minute jogging
1 minute Jumping Jacks
1 minute skipping
1 minute jogging
1 minute Jumping Jacks
1 minute skipping
2 minutes jogging

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

*15 standing straight leg raises to the front right leg
*15 standing straight leg raises to the front left leg
*10 push ups
*15 standing straight leg raises to the side right leg
*15 standing straight leg raises to the side left leg
*10 push ups
*15 standing straight leg raises to the back right leg
*15 standing straight leg raises to the back left leg
*10 push ups
*1 minute superman hold

200 choice ab exercise

5 min stretch

Tuesday 5/5/2020

5 min stretch

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

3 x's through the following circuit

Try to measure out at least 20 yards in your front/ back yard, sidewalk, etc. No rest within the rounds, but can take 1 min rest after each round.

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

Wednesday, 5/6/2020

5 min Stretch

2 min jog
1 min skip
3 min jog
1 min skip
2 min jog

40 second of work, 20 seconds of rest for 8 min., 3 min between each round, 3 rounds.
Exercise reminders are at the bottom of workouts.

- Mountain Climbers
- Flat Jacks- Snow angel's on belly
- Backward Lunge to left high knee
- Yoga Push Ups
- Backward Lunge to right high knee
- Plank Alternating Toe touches
- Swimmers
- Double foot Mountain Climbers

5 min stretch

Thursday, 5/7/2020

10 min stretch
10 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

100 Flutter kicks
50 Toe Touches
100 Swimmers
50 Leg lifts
50 Russian Twists
30 of each T's Y's & I's

Friday, 5/8/2020

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.

100 Jumping Jacks
100 Push Ups
100 Squats
100 Sit Ups

10 Min Jog

Wednesday Exercise reminders

-Flat Jacks- Snow angel's on belly
-Backward Lunge to left high knee- start feet together, left foot back, lunge, press up on right leg, lift left knee to chest
-Yoga Push Ups- belly to ground, push up, hips to the sky, finish in downward dog

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

-Plank Alternating Toe touches- Plank Position, reach back and touch right hand to left knee or toe, come back to plank, then reach back and touch left hand to right knee or toe
Swimmers- on belly, arms reaching forward, eyes up, freestyle kick with alternating arms
-Double foot Mountain Climbers- like when you bring your feet up for burpees

Thursday Exercise Reminders

Shoulder Rotations- Arms outstretched to the sides like a "T", thumbs up, small circles to the front. Can also be done thumbs down to the front, thumbs up to the back, thumbs down 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.

Flutter kicks- hands under hips, feet about 6 inches off ground, flutter kick

Toe Touches- on back, legs straight up, reach up and touch toes, make sure to get shoulder blades off the ground

Swimmers- on belly, arms reaching forward, eyes up, freestyle kick with alternating arms

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

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

T's, Y's, and I's- Make sure you are standing up for all of these, straight back and neck, focused on posture.

T's- Arms straight in front of chest, palms facing each other, open arms, bring them out to your sides like a "T", squeeze shoulder blades

Y's- Arms straight in front of chest, hands in fists with thumbs pointing up (like a hitchhiker), bring arms up into a "Y" (if your arms were the big hands on a clock they would be at 10:30 and 1:30), thumbs should still be pointing behind you. Keep shoulders down and away from your ears.

I's- Arms begin like Y's, thumbs up again. Bring arms straight up above head, thumbs pointing back again, keep shoulders away from ears.