

Monday, March 30, 2020

5 min Stretch

10 min Jog

40 second of work, 20 seconds of rest for 6 min., 2 min Jumping Jacks, 4 min rest, then 40 seconds of work, 20 seconds of rest for another 6 min

-Mountain Climbers

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

-Squats

-Lateral Lunges (Lunges to the side)

Yoga Push Ups

-Right Leg raises to the side

-Left Leg raises to the side

-Mountain Climbers

5 min stretch

Tuesday, March 31, 2020

5 min stretch

10 min jog

50 Squats

10 Jumping Jacks

40 Squats

20 Jumping Jacks

30 Squats

30 Jumping Jacks

20 Squats

40 Jumping Jacks

10 Squats

50 Jumping Jacks

Squat Hold CHALLENGE!! How Long can you hold a static squat (can also do a wall sit for time)! Send us pictures of you doing this challenge, with the amount of time you held it, and we'll post you on our instagram account!

5 Min Stretch

Wednesday, April 1, 2020

10 Min Stretch

10 Min Jog

2x the following circuit:

30 Plank Jumping Jack (hold a plank position with arms while feet open and close)

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

10 Bridges (Lying on back, knees bent with heels near fingertips, push hips up to the sky, shoulders remain on ground)

20 Supermans

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

5 min jog

5 min Stretch

Thursday, April 2, 2020

5 Min Stretch

1 min Jog

1 min Jumping Jacks

1 min Skipping

2 min Jog

2 min Jumping Jacks

2 min Skipping

1 Min Jog

1 Min Jumping Jacks

1 min Skipping

20 Toe Touches (on back, legs straight up, reach up and touch toes, make sure to get shoulder blades off the ground)
20 Crunches
20 Straight Leg V Ups
20 Super Mans
1 Min Bridge (hands and feet on the ground, knees at 90* angle, push hips up to ceiling)
20 Bicycles
1 Min Flutter kicks (hangs under hips, feet about 6 inches off ground, flutter kick)
20 Flat Jacks (snow angel on your belly!)

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.

5 min Stretch

Friday, April 3, 2020

10 min Stretch

5 min Jog

Set for Time- Here it is again guys. This can still be broken up however you want. The only objective is to complete the 100 reps of each exercise! Record your time and compare it to last week! If you didn't do it last week, start this week and stay on top of your dryland workouts. The more you do now, the easier it'll be to come back when we can start swimming again!

100 Jumping Jacks
100 Push Ups
100 Squats
100 Sit Ups