

Keep working hard everyone, I am very hopeful that we will all be back to normal at the pool soon! Dig Deep everybody!

**Monday 5/11/2020**

5 min Stretch

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

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

5 min stretch

**Tuesday 5/12/2020**

10 min stretch  
10 min jog

80 Shoulder Rotations to front  
80 Shoulder Rotations to back  
40 Pec Flies  
50 Military Press  
40 Chest Pass  
40 Streamline Raises  
30 Streamline Shrug

100 Flutter kicks  
50 Toe Touches  
100 Swimmers  
50 Leg lifts

50 Russian Twists  
30 of each T'sY's&I's

**Wednesday 5/13/2020**

5 min Stretch  
10 min Jog

2 Rounds of 40 seconds of work, 20 seconds of rest for 8 min. 4 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

20 Supermans  
40 Toe Touches  
30 Supermans  
20 Bicycle Crunches  
40 Supermans

5 min Stretch

**Thursday 5/14/2020**

5 min stretch  
15 min Jog

2 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 5/15/2020**

10 min Stretch

5 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](mailto: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

## **Tuesday 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.

### **Wednesday 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)

### **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