

Corona Break Training Week of April 13, 2020:

Monday/Wednesday/Friday-
Doubles

Morning

1. Choice 5 Minute Dynamic Warm Up
2. HIIT Circuit- 20 Minutes
3. 5 Minute Stretch
4. Get ready for school day

Afternoon

1. Full Dynamic Warm up
2. Strength Circuit
3. 15 Minutes Aerobic Choice Loosen- do when fatigued!
4. Static Stretch Routine

****Wednesday Challenge- Has to be done on Wednesday- Plank for Time****

Tuesday/Thursday-

1. 5 Minute Loosen
2. Cardio Mountain- maintain 140-160HR
 - a. 5 Minutes Cardio Exercise
 - b. 1 Minute Rest
 - c. 10 Minutes Cardio Exercise
 - d. 2 Minutes Rest
 - e. 15 Minutes Cardio Exercise
 - f. 3 Minutes Rest
 - g. 15 Minutes Cardio Exercise
 - h. 2 Minutes Rest
 - i. 10 Minutes Cardio Exercise
 - j. 1 Minute Rest
 - k. 5 Minutes Cardio Exercise
3. Core Routine

Saturday:

1. Dynamic Warm Up
2. Challenge- 3 Rounds of 12 Minutes with 2 Minutes Between Stations
 - a. EMOM Upper
 - i. 10 Minutes: 7 Push Ups/7 Chair Dips
 - ii. 2 Minutes Plank Hold
 - b. EMOM Lower
 - i. 10 Minutes: 10 Squats/5 Squat Jumps
 - ii. 2 Minutes: Streamline Squat Hold
 - c. EMOM Total- Burpees for 12 Minutes- Add one Burpee each time starting at 3 on the 1st Minute (3,4,5,6,7,8,9,10,11,12,13,14)
****EMOM- Every Minute on the Minute**
3. Static Stretch or Yoga 15 to 20 Minute (find an app and yoga class you would like to do to get in solid loosen)

***** Pull Ups- If you can do there somewhere whether it a pull up bar, a park, a tree branch, whatever, please try to do them. Use your sheet to track *****