

## Developmental Competitive and Jr. Red practice Groups

Hope you all had a Happy Easter! Cannot wait to see everyone again. Whenever that may be, we are one week closer 😊

Remember to enjoy the beautiful weather and stay active! I've added a couple more exercises for you to build on either, traveling between markers or the length of your yard etc., or stationary so you can do inside if needed.

### Suggested activities so Far:

- Go for a bike ride, or ride a scooter around the neighborhood, with a grown up and don't forget your helmet!
- Jump Rope! How long can you go without messing up?
- Go for a run. How far can you run without stopping? Can you run a Mile or 2 miles? Build into this alternating running and walking. Run a minute, walk a minute, run 2 minutes, walk 30 seconds etc.
- Set up two markers in your yard or driveway, 15-30yds apart depending on room. Do Each activity between the markers, or the same exercise there and back.  
[repeat or mix up exercises for 10-15 minutes. Rest between rounds]  
Jog / Skip / Butt Kicks / Sidestep / Karaoke / Lunges / Bunny Hops / Bounds / Sprint / Bear Crawl [keep knees about 2" off the ground, back flat] / Burpee Bounds [leap forwards after each burpee]
- In one spot. :30 seconds of each exercise  
[repeat or mix up exercises for 10-15 minutes. Rest between rounds]  
Jog / Skip [Get knees up high] / Butt Kicks / Squats / Forward Lunges [Keep chest up] / Jumping Jacks / Walk outs [Bend over and walk out to a full plank, then walk hands back in and stand up] / Sprint [run as fast as you can, in one spot, driving your arms and knees] / Burpees [with and without a push up] / Squat Hold [Hold a low squat position] / Streamline Jumps [squat down and touch the ground with both hands and explode up to a high and tall Streamline]
- **Have Chalk? Try these games/activities**  
See the following YouTube link for the game & rules  
Hop Scotch. <https://www.youtube.com/watch?v=fZzswQalCfM>  
Four Square. <https://www.youtube.com/watch?v=3snA-57CiX8>

**Do whatever works best for you and your family!**  
**Mix it up, something different each day!**

**Try some Yoga.** Improve flexibility, body posture and relax.

Here's a YouTube link to a easy relaxing 20minute Yoga for beginners.

<https://www.youtube.com/watch?v=v7AYKMP6rOE>

Build on the Yoga and check out More Yoga with Adriene:

<https://yogawithadriene.com/free-yoga-videos/>

### **KEEP WORKING YOUR CORE!**

Try to do this 2-3 times a week. More is never a problem

**Keep working Flutter Kicks, Planks, Crunches, Plank Walks, Y-Hold, and Swimmers**

Create a little core circuit with all the exercises.

Alt. exercises :20-30 work with 10-15 rest or longer if needed.

**New Core:** Try to do each exercise for 20-30 seconds at a time, building up to a 1 Minute.

**Full Sit up:** Arms across your chest, feet flat. Sit up and get elbows over your knees

**Russian Twist:** With feet lifted off the ground, rotate from side to side, tapping the ground with your hands, [Keep hands joined], or hold a soccer or volley ball and tap the ball side to side.

- **Hula Hooping** is a good fun way to work your core. How long can you Hoop? Can you Streamline while hula hooping?
- Keep practice your Streamline. **Can you do a Streamline Wall sit?**  
Sit against a wall, knees at 90° and hold a Streamline. Try for 15-30 seconds at a time!