

Developmental Competitive and Jr. Red practice Groups

It's hard to believe we are on week 8! I know it's hard to stay motivated but **Dig Deep** and stay mentally tough. Change is coming and we will be back in the pool soon 😊

Do what circuits or activities work for you and your family. Remember to be active and **have FUN** each day.

Feel free to check out the Sr. Prep, Junior Black & White activities for more circuit & core ideas/workouts.

This week for core [**core week 8**] there is a list of exercises from which to create their own circuits.

The week of April 13, **Circuit week 4**, there is a list of exercises broken down by related exercises for you to create your own circuit.

Alternatives or additions to the suggested activities are the some of the workouts on the **Peloton Ap**. There are numerous, no equipment, workouts. The cardio classes are great for everyone. They run for 5 min to 20 minutes and have some dance workouts too. The Strength Classes have some good Core workouts and body weight classes, the outdoor section has a wide variety of walk & run sessions, and the stretching offers 5-10-minute pre & post activity.

Nike also has a workout Ap with a variety of core, cardio and strength workouts, with & without equipment.

YouTube also has plenty of workout options.

Yoga. Improve flexibility, body posture and relax. Good for a Warm Down

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/>

CIRCUIT 1: Set up two markers in your yard or driveway, about 20yds apart depending on room.

Do Each activity twice. Rest 5-15 seconds after each activity.

- Jog There and Back
- Jog Forwards High Knee Skip Back
- Jog Forwards Butt Kicks Back
- Sidestep swinging arm above the head facing the same way there and back
- Karaoke, there and back [facing the same way]
- Streamline lunges forward [Keep Chest & Eyes up), Jog back
- Bunny Hops Forwards **Fast** / Jog Back
- Bounds [leap as far as possible each bound] / Jog Back
- **Sprint** Forwards Jog Back
- Streamline lunges forward [Keep Chest & Eyes up) / Jog back
- Bear Crawl forwards and Backwards (if you can) [keep knees about 2" off the ground, back flat]
- Burpee Bounds [leap forwards after each burpee] / Jog Back
- **Sprint** Forwards Jog Back
- Duck Walk Forwards [in a low squat] / Jog Back
- Lateral Duck Walk. Sideways, Facing the same way there & back [Stay low, chest up]
- Inch Worms there [Walk hands out to a plank, (push up optional), then walk feet up to hands, stand up and keep repeating.] / Jog Back
- Bear Crawl Sideways/Lateral facing same way there & back [keep knees about 2" off the ground, back flat]
- Streamline bunny Hops / Jog Back
- **Sprint** Forwards Jog Back
- Forward walks with forward single Arm circles / Backwards walk with backward arm circles. Straight arms full circles keeping arms close to the ears.

Rest 1-2 Minutes and repeat the circuit if you can

CIRCUIT 2: In one spot or Area.

Either a designated **# of reps** or **:20-30** seconds of each exercise.

Rest :10-15 seconds after each exercise **Rest 1-2 Minutes and repeat the circuit if you can**

- Jog [Good Form, use arms]
- Skip [Get knees up high]
- Butt Kicks [get heels up]
- Jumping Jacks [Hands together above head and touch thighs]
- **20** Squats [Sit back on your heels, Feet Parallel & shoulder width apart, Keep chest up]
- **20** Forward Lunges [Keep chest up, Good Balance.]
- **10** 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]
- **10** push Ups [good Form, Get Chest to the ground, modify on Knees]
- Squat Hold [Hold a low squat position]
- **10** Burpees [Good Form & streamline on the Jump. No a push up]
- **30** Split Squats [15 on each Leg]: In the reverse Lunge position Squat up and Down, knee almost touching the ground.
- Jump Rope If you don't have a rope, just jump on 2 feet, turning hands at side as if had a rope
- **10** Walk outs with a Push up [Bend over and walk out to a full plank, Good Push up, then walk hands back in and stand up]
- Squat & Squat Hold Ladder **up to 10**. [1 Squat, the squat hold for 1 count, 2 squats, the squat hold for 2 Count ASO] [Hold a low squat position]
- **20** Cobras [Tricep Pushups, On Stomach, Hands under Chest]
- Munchkin Jumping Jacks [In the squat position, Hands together above head and touch thighs]
- Jog [Good Form, use arms]
- **20** See Saw Lunges. [Forward Lunge, then Reverse Lunge of the same leg and switch legs. Start & Finish each lunge with feet together. Good Balance. Forward & reverse Lunge =1]
- **10** Streamline Jumps [squat down and touch the ground with both hands and explode up to a high and tall Streamline]

KEEP WORKING YOUR CORE!

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

If you want more core exercises check out the Core for the Sr. Prep & Jr. Black & White. This week they have a list of exercises from which to create their own circuits. Feel free to do any of their other core work from other weeks.

CORE CIRCUIT:

Start with **:20 Work :40 Rest**

Build up to **:30 Work :30 Rest**

Then **:40 Work :20 Rest**

- Full Sit ups [Arms across your chest, feet flat. Sit up and get elbows over your knees]
- Crunches [Knees at 90°, eyes straight up] Flutter Kicks
- Full Plank [Back Flat, Shoulders over Hands]
- Mountain Climbers [in the full Plank position, pull knees through as far as possible
and as fast as possible but with good form]
- Y-Hold. [arms out Straight in a Y, Raise Chest and Legs as High as Possible]
- Swimmers. [each Limb as high as possible]
- Flutter Kicks
- Russian Twists [Tap Hands [together] sided to side or hold an object like a soccer ball]
- ½ Plank [Back Flat, elbows flat on the ground, arms parallel (hands not together)
Shoulders directly over Elbows]
- Plank Walks [From the full plank position, drop down, one arm at a time, to the half plank position
then push, one hand at a time back up to the full plank position. Alt. which arm you start with]
- Full Sit ups with a Twist [Fingers on ears, feet flat. Sit up and twist R elbow in front of
the L knee and then reverse on the next sit up]