

Developmental Competitive and Jr. Red practice Groups

Each Day: Play outside and keep moving for 30 minutes at a time. Longer is never a problem 😊

Suggested activities: [Can always do last weeks suggestions]

- 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

- 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 [Feet shoulder width apart, sit back through the heels keep chest & eyes forward]

Forward Lunges [Keep chest up]

Jumping Jacks [Clap your hands at the top]

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]

DON'T FORGET: KEEP WORKING YOUR CORE

Keep working Flutter Kicks, and Planks. Who can flutter kick and hold a plank for a minute or longer, when we return?

New Core: Crunches: Eyes up, knees at 90°, arms straight and hands stacked pointing up to the ceiling.

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

Remember to practice your Streamline.