

Out-of-Water Workouts for CA at Nicholls

Junior Red/White- Week of April 20th

- Warm Up :30 Seconds of Each Exercise
 - [See Link Here for Video Demonstrations of Each Exercise](#) Except Arm Hugs
 - Jumping Jacks, Arms Circles Forward, Arms Circles Backward
 - Walking Knee Hugs, Leg Swings- Right Leg, Leg Swings Left Leg
 - Arm Hugs- [See Video Link Here](#)
- Review of Exercises
 - Planks-
 - Elbows under their shoulders
 - Hips at level of shoulders or just below
 - Lunges- Side to Side
 - [See Video Link Here](#)
 - V-Ups
 - Lie flat on your back with your arms to your sides.
 - Lift your arms off the floor and position them behind your head. Your arms should remain straight If struggling start with legs flat on the ground
 - Slightly bend your knees and lift your legs off the floor, crunch forward and try to touch your toes.
 - Lower your legs and bring your arms back behind you. Feet must stay on the ground
 - Push-ups
 - Shoulders must be back
 - If difficult start progression on knees
 - Back Extension- Superman
 - Press shoulders back
 - Lower body needs to be off ground
 - Squats
 - Not leaning over
 - Legs parallel to ground
 - Use ball or chair to get parallel
 - Legs 12 inches off the ground
 - Start still
 - Then Flutter
 - Head back and keep legs as still as possible
- Circuit- Do this 2x Through. 45 Seconds on each activity then no more than 30 seconds rest/transition. 2:00-3:00 Rest in between Rounds 1 and 2.
 - Plank- On Elbows
 - Side Lunges- [Link Here](#). Alternating left foot right foot.
 - V-Ups- See Above
 - Push-ups- Sets of 10. Brief rest (5 seconds). Then continue.
 - Legs 12 inches off ground and hold.
 - Superman- Arms out to front. Challenge to raise past shoulders
 - Squats- Bonus Challenge! Hold at Bottom for 5 seconds with great form!