

## Out-of-Water Workouts for CA at Nicholls

### Junior Red/White- Week of May 11<sup>th</sup>

- 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-
    - Hands 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- in Push Up Position
  - 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
  - Normal Lunges
  - Legs 12 inches off the ground and flutter kick