

AGE GROUP

Monday, March 23, 2020

5 min Stretch

2 min jog

1 min skip

3 min jog

1 min skip

2 min jog

40 second of work, 20 seconds of rest for 6 min. 3 min rest then 40 seconds of work, 20 seconds of rest for another 6 min

-Mountain Climbers

-Stationary lunges

-Yoga Push Ups (belly to ground, push up, hips to the sky, finish in downward dog)

-Supermans

-Squats

-Right Leg raises to the side

-Left Leg raices to the side

-Mountain Climbers

20 Leg lifts (on back, hands tucked under hips, raise legs up to 90* angle together then lower legs to 6 inches off ground)

30 Swimmers (on belly, arms reaching forward, eyes up, freestyle kick with alternating arms)

40 crunches

50 Supermans

5 min stretch

Tuesday, March 24, 2020

5 min stretch

15 min jog

1 Length of your yard (back yard, front yard, sidewalk, etc. just try to get in at least 20 yards each "length")

25 Yoga Push ups

2 Lengths

20 Yoga Push ups

4 Lengths

15 Yoga Push Ups

6 Lengths

10 Yoga Push Ups

8 Lengths

5 Yoga Push Ups

Plank Hold Challenge!!! After finishing the Pyramid's last 5 push ups, see how long you can hold a plank position!

5 Min Stretch

Wednesday, March 25, 2020

5 Min Stretch

10 Min Jog

2x through the following circuit:

2 lengths of each exercise (try to measure out at least 20 yards in your front/ back yard, sidewalk in front of your house, etc.)

- Sprint Run
- Bear Crawl
- Lunges
- Crab Walk
- Skipping
- Duck Walk
- Sprint Run
- Inch Worm

5 min Stretch

Thursday, March 26, 2020

5 Min Stretch

2 min Jog

1 min Jumping Jacks

2 min Skipping

1 min Jumping Jacks

2 min Jog

20 Toe Touches (on back, legs straight up, reach up and touch toes, make sure to get shoulder blades off the ground)

20 Crunches

20 Straight Leg V Ups

20 Super Mans

1 Min Bridge (hands and feet on the ground, knees at 90* angle, push hips up to ceiling)

30 Bicycles

1 Min Flutter kicks (hangs under hips, feet about 6 inches off ground, flutter kick)

20 Flat Jacks (snow angel on your belly!)

5 min Jog

5 min Stretch

Friday, March 27, 2020

8 min Stretch

5 min Jog

Set for Time- This can be broken up however you want. The only objective is to complete all 100 reps of each exercise! Record your time b/c this will be repeated over the course of our time away as a gauge of your fitness level!

50 Jumping Jacks

50 Push Ups

50 Squats

50 Sit Ups