

Just 8 more days till we resume practice for some of the groups. Remember the better shape you are in now the easier it will be when we resume practice. Stay focused, stay positive and stay in shape. Remember we are always available in case you need someone to talk to or if you need some encouragement. Feel free to email or call us at the office.

This week we are continuing to include videos for you to workout with along at home. Once again these workouts require no equipment and will help keep you in shape.

Monday, May 11:

15 minutes of dynamic stretching

2 mile jog (time yourself each day running the same distance) :

15 Minute Fat Burning HIIT Workout | Full Body at Home or Gym (No Equipment)

<https://www.youtube.com/watch?v=0LIT7MSKJBc>

Tuesday, May 12:

15 minutes of dynamic stretching

2 mile jog (time yourself each day running the same distance)

10 Minute Home Workout For 6Pack Abs + Fat Burning

<https://www.youtube.com/watch?v=ofTiKY3hYdE>

Wednesday, May 13:

15 minutes of dynamic stretching

2 mile jog (time yourself each day running the same distance)

Circuit:

15 Minute Fat Burning Home Workout (NO EQUIPMENT!)

<https://www.youtube.com/watch?v=cfetualiJqs>

Thursday, May 14:

15 minutes of dynamic stretching

2 mile jog (time yourself each day running the same distance)

Circuit:

15 MIN AT HOME LEG/BUTT/THIGH WORKOUT (No Equipment)

<https://www.youtube.com/watch?v=aCa8R9II8F0>

Friday, May 15:

15 minutes of dynamic stretching

2 mile jog (time yourself each day running the same distance)

Circuit:

Killer 10 Minute Fat Burning Bodyweight Workout

[https://www.youtube.com/watch?v=\\_knlf9vF4k4](https://www.youtube.com/watch?v=_knlf9vF4k4)

Saturday, May 16:

15 minutes of dynamic stretching

5 mile jog