

Hey Everyone! I hope you are all doing great with your cross training. We know we'll have a lot of work to do when we come back to the pool, but if you work hard while we are out, I promise your comebacks will be WAY easier.

We miss you guys and can't wait to see you all again soon.

Monday

5 min stretch

1 minute jogging

1 minute Jumping Jacks

1 minute skipping

1 minute jogging

1 minute Jumping Jacks

1 minute skipping

2 minutes jogging

3x through the following circuit- Hold onto the back of a chair or sturdy stationary object for these leg raises.

*10 standing straight leg raises to the front right leg

*10 standing straight leg raises to the front left leg

*10 push ups

*10 standing straight leg raises to the side right leg

*10 standing straight leg raises to the side left leg

*10 push ups

*10 standing straight leg raises to the back right leg

*10 standing straight leg raises to the back left leg

*10 push ups

*1 minute superman hold

50 choice ab exercise

5 min stretch

Tuesday

5 min stretch

10 minutes alternating 30 Jumping Jacks and 30 stationary toe hops (like jumping rope, but with no rope!)

3 x through the following circuit

*50 crunches

*50 supermans on belly

*50 double leg raises

*20 mountain climbers

*1 min superman hold on belly

Push Up Challenge!

How many push ups can YOU do in 3 min?

5 min stretch to cool down

Wednesday

5 min stretch

15 min jog

1 Length of your yard bear crawl (can be back yard, front yard, sidewalk, etc., try to get at least 30 feet)

30 Yoga Push ups (chest to ground, push up, hips to sky (should finish in downward dog pose)

2 Lengths of your yard, lateral bear crawl to left, lateral bear crawl to right

25 Yoga Push ups

4 Lengths 1 bear crawl, 1 right lateral bear crawl, 1 left lateral bear crawl, 1 crab walk

20 Yoga Push Ups

5 Lengths 1 right lateral bear crawl, 1 left lateral bear crawl, 1 crab walk, 1 duck walk

15 Yoga Push Ups

6 Lengths 1 right lateral bear crawl, 1 bear crawl, 1 left lateral bear crawl, 1 bear crawl, 2 crab walk

10 Yoga Push Ups

1 min Superman hold

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

5 Min Stretch

Thursday

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 8 min. 4 min rest then 40 seconds of work, 20 seconds of rest for another 8 min

-Mountain Climbers

-Backward Lunge to left high knee (start feet together, left foot back, lunge, press up on right leg, lift left knee to chest)

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

-Backward Lunge to right high knee (start feet together, RIGHT foot back, lunge, press up on Left leg, lift RIGHT knee to chest)

-Plank Jacks (hold a straight arm plank, open and close legs like doing a jumping jack)

-Right Leg raises to the side

-Left Leg raises to the side

-Double foot Mountain Climbers (like when you bring your feet up for burpees)

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

Friday

5 min stretch

10 min Stretch

8 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!

100 Jumping Jacks

100 Push Ups

100 Squats

100 Sit Ups