

Out-of-Water Workouts for CA at Nicholls

Senior White/Black

- Warm Up- Each Exercise do for 30 Seconds
 - [See Link Here for Video Demonstrations of Each Exercise](#)
 - Jumping Jacks
 - Walking Knee Hugs
 - Backward Arm Circles
 - Forward Arm Circles
 - Side Shuffles- Both Directions
 - Backpedaling- Jogging Backwards
 - Lunges- Arms at Sides
 - Squats
 - Leg Swings- Right Leg
 - Leg Swings Left Leg
 - Inchworms- See Link Above
 - Karaoke- Both Directions
- Workout- Do This 2x Through. Each Exercise is 1:00 on with a :15 Transition. Take a Short Break (about 2-3min) After Round 1.
 - Plank on Elbows- [Video Link Here](#)
 - Squat Holds- Pausing at Bottom for :03-:05 Seconds
 - Side Plank on Left Elbow [Video Link Here](#)
 - Squats- Regular [Video Link Here](#)
 - Side Plank on Right Elbow [Video Link Here](#)
 - Squat Jumps- More about Power than Speed
 - Mountain Climbers [Video Link Here](#)
 - Side-to-Side Lunges- [Video Link Here](#)
 - Plank-to-Push-Up [Video Link Here](#)
 - Burpees- [Video Link Here](#)
 - 12 minute run or jog