

Sr. Red,

As you are aware, practices have been suspended for the foreseeable future. As such, we want to provide you with “faux-practices”, or activities that will closely imitate the activity that will be missed in our time away. Hopefully that time is brief, and I look forward to seeing you all very soon!

Dig Deep,
Coach Daniel

Monday/Wednesday/Friday

1. Dynamic Warmup (Dynamic entails movement – its opposite would be static)
2. 4 x 5:00 Aerobic Activity resting 1:00 between repetitions
 - Aerobic Activity could be running, biking, hiking, stairs
 - Mix it up, be consistent in both work and rest
3. 5 x 5 Pushups resting :30 between repetitions
4. Abs Circuit
5. Post-workout static stretch

Tuesday/Thursday

1. Dynamic Warmup
2. Drylands Circuit
3. Post-workout static stretch

Dynamic Warmup (Youtube for any exercises with which you are unfamiliar, pls)

:30 A Skips

:20 Butt Kicks

:10 RUN in place- drive knees high

:30 Shoulder Gators

:60 Dynamic Runners Lunge

:30 Knee Hugs Alternating

:30 Forward Shoulder Circles (small and tight)

:30 Reverse Shoulder Circles (small and tight)

:30 Dynamic Quad Stretch

:30 In place Hamstring Scoops

5 x Inch Worms with push up (hands walk out and then walk back with big stretch at top)

20 x Jumping Jacks

Post Workout Static Stretch

10 x World's Greatest Stretch

:30 Kneeling Quadriceps Stretch Right

:30 Kneeling Quadriceps Stretch Left

:30 Standing Hamstring Right

:30 Standing Hamstring Left

:20 Lateral Hip Openers

:20 Low Back Stretch Left

:20 Low Back Stretch Right

:30 Figure Four Stretch Right

:30 Figure Four Stretch Left

:30 Butterfly

Abs Circuit

1:00 on/:30 off – 12 Stations

1. :30 Straight Leg Lifts / :30 Flutter Kick
2. :30 Straight Leg Lifts / :30 Flutter Kick
3. 1:00 Full Plank
4. :30 Streamline Crunches (knees @ 90) / :30 Reverse Crunches
5. :30 Streamline Crunches (knees @ 90) / :30 Reverse Crunches
6. 1:00 Half Plank
7. :30 Streamline Superman Hold / :30 Alternate limb lift
8. :30 Streamline Superman Hold / :30 Alternate limb lift
9. 1:00 Full Plank
10. :30 Rowboats / :30 Russian Twists
11. :30 Rowboats / :30 Russian Twists
12. 1:00 Half Plank

Strength Circuit

2:00 Hard a. / 1:00 Power b. / 1:00 Rest and switch

1. Run and Squats
 - a. Run hard out and back 1 min each way
 - b. Squats - work proper form not allowing back/chest to come forward
2. Jumping Jacks and Lunges
 - a. Jumping Jacks for 2 minutes
 - b. Reverse Lunges
3. Planks and Plank reaches
 - a. Full Plank Hold
 - b. Full Plank Reaching alternate arms forward of shoulder
4. Super Legs and Wall Handstand
 - a. Super Legs = 10 x squats, 10x Lunge Pump R, 10x Lunge Pump L, 10 x Scissor (lunge jumps), 10 x jump squats CONTINUOUS
 - b. Handstand with toes on wall
5. Run and Sits
 - a. Run hard out and back 1 min each way
 - b. Wall Sit
6. Jump Rope and Squat Thrusts
 - a. Jump rope (Toe jumps if need be)
 - b. Squat thrusts (Burpees no pushup)
7. Crawlies
 - a. Bear crawl in place (2 steps forward/2 steps back)
 - b. Mountain Climbers
8. Core Burner
 - a. :45 Flutter kick / :45 Small scissors / :30 Large Scissors
 - b. Russian Twists