

Sr. Red,

Here is the second in the series of at home workouts for you young'uns. Hopefully you are all staying active as we try to navigate this unforeseen time of forced sedentariness. The warmups will remain the same, but the aerobic/pushup set is now mixed, such that you will do 5:00 of work immediately followed by 5 pushups and 5x v-sits, then your rest. The idea is that you will put your body into a fatigue state, then force muscular exertion. The ab and strength circuits will remain the same for now.

Dig Deep,
Coach Daniel

Monday/Wednesday/Friday

1. Dynamic Warmup (Dynamic entails movement – its opposite would be static)
2. 5 x
 - a. 4:30 Aerobic Activity resting 1:00 between repetitions
 - b. 5x pushups
 - c. 5x v-sits
3. Abs Circuit
4. 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