

Sr. Red,

It's the fourth week of our home workouts, and as such I have new circuits for you!
Monday/Wednesday/Friday will remain focused on aerobic exercise, but with some slight alterations to the routine. Our abs and dryland circuits are new.

By the way, the 3 "R's", are: rest, repetitions, and resistance (the force working against you as you move)!

Dig Deep,
Coach Daniel

Monday/Wednesday/Friday

1. Dynamic Warmup (Dynamic entails movement – its opposite would be static)
2. 5 x
 - a. Aerobic/HIIT
 - i. 3:30 Aerobic exercise
 - ii. :30 Sprint ALL OUT
 - iii. :30 Rest
 - b. 10 x Squats
 - c. 5x Push ups
 - d. 1:00 Rest
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. 1:00 Straight Leg Lifts
2. 1:00 Flutter Kick
3. 1:00 Mountain Climbers
4. 1:00 Streamline Crunches (knees @ 90)
5. 1:00 Reverse Crunches
6. 1:00 Half Plank
7. 1:00 Streamline Superman Hold
8. 1:00 Alternate limb lift
9. 1:00 Full Plank
10. 1:00 Rowboats
11. 1:00 Russian Twists
12. 1:00 Mountain Climbers

Strength Circuit

April 14, 16, 21, 23, 28, 30

2:00 on/ 1:00 off

1. Upper
 - a. 1:00 Small Forward Arm Circles
 - b. 1:00 Shoulder Gators - [Video Example](#)
2. Lower – [Lateral Lunge w/ Twist](#)
 - a. 1:00 Right Leg
 - b. 1:00 Left Leg
3. Total/Core
 - a. Mountain Climbers
 - b. Burpees
4. Upper – Full Plank Leg Lifts – Lift from Glutes, **Keep Hips In Line**
 - a. 1:00 Right Leg
 - b. 1:00 Left Leg
5. Lower - [Lunge Pump](#)
 - a. 1:00 Right Leg
 - b. 1:00 Left Leg
6. Total/Core
 - a. Row Boats
 - b. Burpees
7. Upper – [Incline Chin Ups/Pull Ups](#) – Find Something like a bar
 - a. 1:00 Chin Ups
 - b. 1:00 Pull Ups
8. Lower – Single Leg Toe Jumps
 - a. 1:00 Right Leg
 - b. 1:00 Left Leg
9. Total/Core
 - a. 1:00 Alternate Limb Lift
 - b. 1:00 Burpees