

A Message from Stan and Coach Billy:

Hope all staying active.
This WILL end and we will be back better than ever- so keep working!
This week we will keep to the same regimen.
Stay safe and DIG DEEP!



Monday/Wednesday/Friday

1. Dynamic warm up
2. 25 minute aerobic activity (run/jog/hike, bike, stairs- can be different each)
3. Pull ups (10 girls/20 boys) if unable to do pull up substitute pushups to failure
4. Ab circuit (see separate PDF) may do either one- your choice
5. Post Workout Stretch

Tuesday/Thursday

1. Dynamic warm up
2. Circuit (see separate PDF) 3. Post Workout Stretch

Dynamic Warm Up

- :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 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

World's Greatest Stretch Video: <https://www.youtube.com/watch?v=nG38sH8fwSM>