

Circuit plus Abs Week of May 25, June 1, June 8

Recommend doing circuit outdoors with teammates (with proper social distance)
Tuesday and Thursday (a.m. before practice or p.m. after practice)

1-:60 half plank hold :30 rest

:30 half plank saws (rock forward and backward) :60 rest

2-2:00 min duck walk-stay in low squat -:60 forward :60 backward :60 rest

3-:60 second squat thruster (weighted if possible) :30 rest

:30 burpees :60 rest

4-:60 flutter kick :60 small scissor :60 rest

5-:60 fast x20 small lateral jump x20 repeat :30 rest

:30 fast feet and drop to ground every :6 secs :60 rest

6-2:00 squat walk (stay low) :60 right :60 left :60 rest

7-:60 indian sit hold breath :30 rest

:30 plank hold full exhale and hold breath :60 rest

8-:60 superman plus fly stroke :30 rest

:30 streamline superman hold :60 rest

9-2:00 jump rope :60 regular :60 alternating feet :60 rest

10-2:00 plank alternate right arm free stroke then left arm free stroke :60 rest

11-:60 streamline crunch legs at 90 degrees :30 rest

:V-sits :60 rest

12-:60 plank :30 extend right arm left leg :30 extend left arm right leg :30 rest

:30 push up low hold

Abs-plus pull ups Mon-Wed -Fri

2x

:30 backward shoulder circle :30 backward arm circle

:30 forward shoulder circle :30 forward arm circle

:30 rest

:30 rowboat :30 bicycle :30 full sit up :30 streamline rowboat

:30 rest

:30 double leg mountain climber :30 right side plank

:30 alternate leg mountain climber :30 left side plank

:30 rest

Saturday challenge for time-optional but recommended

Maintain perfect form

10x push up

:60 plank

20x squat

:60 plank

30x rowboat

:60 plank

40x chair dip

:60 plank

50 x squat jumps with streamline

:60 plank

60x jump lunge

:60 plank

70 x full sit up

:60 plank