

Corona Break Training Week of March 30, 2020:

Monday/Wednesday/Friday-

****Heavily Suggesting Doubles this week. I would suggest performing the morning option prior to schooling and the afternoon option after schooling**

Morning

1. Dynamic Warm Up
2. Jump Rope Circuit
3. 5 Minute Stretch
4. Get ready for school day

Afternoon

1. 15 Minutes Aerobic Choice Loosen
2. Strength Circuit
3. Static Stretch Routine

Tuesday/Thursday:

1. Dynamic Warm Up
2. Jump Rope Aerobic Combo- 3 x
 - a. 5 Minutes Jump Rope (choice of style)
 - b. 15 Minutes High Aerobic Activity (HR between 150 and 170)
3. Core Routine

Saturday:

1. Dynamic Warm Up
2. Circuit- Rep Based- 30 Reps of Each Round 1 / 20 Rep of Each Round 2 / 10 Reps of Each Round 3 and Hold 1 Minute Round 4- Do not Break
 - a. Push Ups [Low Push Up Hold]
 - b. Squats [Deep Squat Hold]
 - c. V Ups [V Hold]
 - d. Hand Release Push Ups [Plank Hold]
 - e. Forward Lunges (Reps are for each side so total is double rep count) [1 min Right leg hold]
 - f. Russian Twists (Reps are for each side so total is double rep count) [C Hold]
 - g. Army Men/Crawlers [1/2 Plank Hold]
 - h. Jump Squats [Deep Squat Hold]
 - i. Row Boats [C Hold]
 - j. Tricep Dips (Bench or Ground) [Dip Hold]
 - k. Jump Lunges (Reps are for each side so total is double rep count) [1 min Left leg Hold]
 - l. Bicycles [V Hold]
 - m. Burpees [No Hold- 1 Minute Burpee Challenge for Time!]
3. Low End Aerobic Flush Out – 15 to 20 Minutes (120-140 HR)
4. Yoga 15 to 20 Minute (find an app and yoga class you would like to do to get in solid loosen)

***** Pull Ups- If you can do there somewhere whether it a pull up bar, a park, a tree branch, whatever, please try to do them. Use your sheet to track *****