

As this lock down continues so should your workouts. Although normal life is currently on pause there are still a few constants that are possible during this time. You can still consistently workout. Yes, these workouts might be different from your normal routine or require you to be more creative but nonetheless working out is still possible. You can also continue to eat healthy can get plenty of rest. There is a fine line between rest and laying around too much. It is also important to remember that active people are healthy people. The better physical shape you remain in the overall better you will feel. There is a direct relation to physical activity and your overall well being. Make yourself get up and move. Please remember to share pictures of you doing these workouts for us to share with the younger kids to help encourage and inspire them. Email all pictures to office.lafayette@crawfishaquatics.com

As this break period goes on feel free to slightly modify these workouts or add in weights. We are writing these workouts with everyone in mind. That is why we are not requiring weights or certain equipment because everyone does not have access to these training tools. The key to remember is that if you can stall mentally focused during this time away from the pool, when we do return you will be at an advantage. Take advantage of the jogging and use these opportunities to keep your cardiovascular fitness up.

Monday April 13:

15 minutes of dynamic stretching

2 mile jog (time yourself each day running the same distance)

Circuit:

Today's circuit is a choice circuit.

I would like you to perform 6 different exercises that you like. Perform each exercise for 45 seconds followed by a 15 second switch/break period. Do this for a total of 5 rounds.

Tuesday April 14:

15 minutes of dynamic stretching

2 mile jog (time yourself each day running the same distance)

Circuit:

5 exercises for 1 minute each. Go from one exercise to the next without a break. 6 rounds in a row for a total of 30 minutes without stopping

1) 1/2 range of motion top end squats

- 2)1/2 range of motion squats working the lower end of the squats
- 3)full range of squats
- 4)wall sit
- 5)split jumps

Wednesday April 15:

- 15 minutes of dynamic stretching
- 2 mile jog (time yourself each day running the same distance)

Circuit:

Intense Ab Workout | 7 Minutes (FOLLOW ALONG!)

<https://www.youtube.com/watch?v=DHD1-2P94DI>

Do this ab routine 2 times through. Take a 5 minute break after the first round.

Thursday April 16:

- 15 minutes of dynamic stretching
- 2 mile jog (time yourself each day running the same distance)

Circuit:

5 rounds of the following:

- 1)50 top end pulse squats
- 2)30 low end pulse squats
- 3)30 jumping jacks
- 4)10 push ups nice and slow
- 5)30 squats as fast as you can

Friday March April 17:

- 15 minutes of dynamic stretching
- 2 mile jog (time yourself each day running the same distance)

Timed Set- You can break this up however you want, just be sure to do ALL REPS of each exercise. Time yourself, record it, and send your time to the office email, office.lafayette@crawfishaquatics.com. We will be doing this set throughout the time we are off and we will do it once we come back. Think of this as a test set, to gauge your fitness level!

- 100 Jumping Jacks
- 100 Sit ups
- 100 Squats
- 100 Push Ups

Saturday April 18:

15 minutes of dynamic stretching

2 hours of physical activity outdoors. Please take a picture of whatever activity you are doing and please email it to the office. Let's see how many different physical activities we can do.