

Hello everyone. The good news is it looks like COVID-19 infections seem to be slowing down. Hopefully this means we will be resuming practice before too long. The important thing to remember is as long as you are working out daily that you should be in good physical shape when we resume practice. 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. 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@crawlshaquatics.com

This week we are including videos for you to workout with along at home. Once again these workouts require no equipment and will help keep you in shape.

Monday April 20:

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

Circuit:

Low Impact FULL BODY HIIT Workout (No Equipment + No Jumping)
<https://www.youtube.com/watch?v=JkVHrA5o23o>

Tuesday April 21:

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

Circuit:

20 MINUTE FULL BODY WORKOUT(NO EQUIPMENT)
<https://www.youtube.com/watch?v=oAPCPjnU1wA>

Wednesday April 22:

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

Circuit:

20 MIN TOTAL CORE/AB WORKOUT (At Home No Equipment)
<https://www.youtube.com/watch?v=8AAmaSOSyIA>

Thursday April 23:

15 minutes of dynamic stretching

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

Circuit:

Tabata Bodyweight Workout | Sarah Grace Fitness

<https://www.youtube.com/watch?v=rC3stWuiSrY>

Friday March April 24:

15 minutes of dynamic stretching

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

Circuit:

30-Minute Dance and Cardio Kickboxing Workout

<https://www.youtube.com/watch?v=EcqYeThduWk>

Saturday April 25:

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.

Stay in shape my friends.