

We are getting closer and closer to resuming practice. Hopefully we will be back in full swing by May, 18th. Here are your workouts for the coming week. Remember the better shape you are in now the easier it will be when we resume practice. Stay focused, stay positive and stay in shape. Remember we are always available in case you need someone to talk to or if you need some encouragement. Feel free to email or call us at the office.

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

Monday, May 4:

15 minutes of dynamic stretching

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

BarreConcept® - Ultimate 20 minute barre exercise workout

<https://www.youtube.com/watch?v=Xzgc-h5ObhA>

Tuesday, May 5:

15 minutes of dynamic stretching

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

BARRE WORKOUT Standing Abs - BARLATES Standing Barre Abs with Linda Wooldridge

<https://www.youtube.com/watch?v=kzTNUMHji1k>

Wednesday, May 6:

15 minutes of dynamic stretching

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

Circuit:

Apartment Friendly Functional Training Workout BARLATES BODY BLITZ

Apartment Fever Combinations

https://www.youtube.com/watch?v=0poEFoMZZ_0

Thursday, May 7:

15 minutes of dynamic stretching

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

Circuit:

10-Minute Full-Body P90X Workout With Tony Horton | Class FitSugar

<https://www.youtube.com/watch?v=h5qPSqJJCck>

Friday, May 8:

15 minutes of dynamic stretching

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

Circuit:

Billy Blanks Fit Sculpt (GET READY!)

<https://www.youtube.com/watch?v=oaS1gBeistM>

Saturday, May 9:

15 minutes of dynamic stretching

Billy Blanks Tae Bo® Body Shape

https://www.youtube.com/watch?v=Pk_wl1CrdZE