

Sr. Prep, Jr. Black & White Group Activities

Overview: Same format, but feel free to switch up Circuit days and Core days. Just be sure to alternate. If Core M do a circuit T etc. Encourage your parents, siblings or any other family members in your circle to exercise with you. Challenge each other. Make a game or competition of it. **A Game of Tennis, Soccer, Basketball etc. with your family counts as aerobic exercise!**

Keep in Mind. This period of quarantine will pass! Stay active and exercise to the best of your ability! Elevating your heart rate helps relieve stress, improves your mind and just makes you feel better overall. The plan is to come back in shape, **core strong**, and ready to have a fast & fun filled summer.

Behind you, all your memories,
Before you, all your dreams,
Around you, all who love you,
Within you, all you need.

M/W/F: :5-10 minute Warm up
:35-40 minute **Circuit** work, Full body.
:5-10 minute Stretch to Warm Down

T/TH/S: :5-10 minute Warm up
20-30 minute Aerobic exercise, go for a run, bike ride, jump rope, or any activity to elevate your heart rate, not to max, but at a level you can keep going for 30 minutes. You can mix it up.
:15 minute **Core** work
:5-10 minute Stretch to Warm Down

Warm up Options: You can do a Combo of both warm ups.
Always make sure your full body is warmed up and ready to go.

- Option 1.** Set 2 markers about 20 yards apart and do each activity there & back **twice**
1. Jog Forwards and Pedal backwards [Be careful]
 2. Jog forwards, butt kicks back
 3. Jog forwards, High knee skips back
 4. Sidestep swinging arm above the head facing the same way there and back
 5. Karaoke, there and back [facing the same way]
 6. Forward walks with forward single Arm circles / Backwards walk with backward arm circles. Straight arms full circles keeping arms close to the ears.
 7. Streamline lunges forward, Jog back
 8. Soldier Walks forwards [Frankenstein's], jog back

- Option 2.** In one spot. **:30** seconds of each exercise unless there is a specified # of reps
Go through the list twice
1. Jumping Jacks
 2. Butt Kicks
 3. High Knee Skips
 4. Forward Lunges with a twist over the front leg
 5. **10** Forward arm Circles and **10** Backwards [Full circles, by the ears]
 6. **10** Start crosses. Full range of motion, not for speed
 7. **6** Bent over, Hamstring Stretch. (**3R/3L**) Hands to the ground, be balanced and focused Leg High and straight
 8. **4** Inch Worms. Stand up and Streamline between each one

Try some Yoga. Improve flexibility, body posture and relax.
Here's a U-Tube link to a easy relaxing 20minute Yoga for beginners.
<https://www.youtube.com/watch?v=v7AYKMP6rOE>

This is a great way to unwind the day.